



# RIGMAS GAMES

## RIGMAS GAMES RULES & REGULATIONS

### ROUND 1

(Teammate 1)

- Ladies 4kg Wall Ball / Gents 6kg Wall Ball. The wall ball must hit the target on each rep and the participants butt must hit the wall ball on the ground for each rep too.
- Skier set at level 7 for all participants.

### ROUND 2

(Teammate 2)

- Ladies 20kg Tank / Gents 30kg Tank. The front set of wheels must pass the marked floor lines on every length.
- Ladies 10kg Bag for Lunges / Gents 15kg Bag for Lunges. Lunges should have the front thigh and back shin parallel to the floor to avoid being sent back to repeat reps

### ROUND 3

(Teammate 3)

- Ladies 10kg Bag/ Gents 15kg Bag for Overhead Press. Full extension of the arms is required on the overhead press and the bag must come back down to the chest.
- Ladies 2x 16kg KBs / Gents 2x 24kg KBs for Farmers Carry. Both feet must pass the marked floor lines on every length.
- Rower set to level 10 for all participants

### BONUS ROUND

(Full Team)

- All burpees must be Chest to Floor with a jump at the top.
- The Airbike will be 'zeroed' by a judge after each participant to ensure the full 10kcal is competed by each participant.

Register today: [www.mclarenleisure.co.uk/rigfitgames](http://www.mclarenleisure.co.uk/rigfitgames)

