



RIGMAS GAMES

RIGMAS GAMES WORKOUT 2025

ROUND 1

(Teammate 1)

- 20 butt-to-ball wall balls
- 500m Ski
- 20 butt-to-ball wall balls

ROUND 2

(Teammate 2)

- 60m Tank Push
- 20kcal Stairmaster
- 20m Walking Lunges

ROUND 3

(Teammate 3)

- 20 Sandbag overhead press
- 100m Farmers carry
- 500m Row

BONUS ROUND

(Full Team)

- 10kcal air bike EACH, whilst both other teammates complete burpees

Full workout rules and information available at www.mclarenleisure.co.uk/rigfitgames

