



RIGFIT GAMES

DOUBLES WORKOUT



Sunday 7th September

ROUND 1

- 500m Ski EACH
- 200m Tank Push as a team (alt. lengths)

ROUND 2

- Partner 1 - 10kcal Airbike
- AS a team:
 - 100 Alt. Wall Balls
 - 100 Battle rope Burpees
 - 100 Butt-to-Ball Squats
 - 100 Press Ups
 - 100 Ball Slams
- Partner 2 - 10 kcal Airbike

ROUND 3

- 1000m Row and Wall Squat as a team
- (Resting team member must hold a wall squat until change over. Can change as many times as required!)

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



Tag us in your training journey!

#RigfitGames2025 @mclarenleisure



READY TO TAKE ON THE CHALLENGE?
REGISTER HERE TODAY

