



RIGFIT GAMES

SINGLES WORKOUT



Saturday 6th September

ROUND 1

- 15kcal Ski
- 15cal Row
- 15kcal Airbike

ROUND 2

- 15 KB Rope Pulls
- 40m Farmers Carry
- 40 Wall Balls
- 40m Burpee Broad Jumps
- 40 Alt. Arm DB Power Snatch
- 15 Balls Slams

ROUND 3

- 40m Tank Push and Pull

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

