



RIGMAS GAMES

CHRISTMAS SPECIAL: TEAM RELAY

14 TH DECEMBER 2024

12 DAYS OF RIGMAS

Start the countdown to the most festive fitness event of the year! It's all about Christmas cheer, teamwork, and a lot of fitness fun!

- 12 Tank Lengths (as a team)
- 11 Wall Balls (each)
- 10 kcal Ski (each)
- 9 Sit-Ups (each)
- 8 Thrusters (each)
- 7 kcal Stairs (each)
- 6 Slam Ball Slams (each)
- 5 kcal Row (each)
- 40m Farmer's Carry (each)
- 30m Walking Lunges (each)
- 20 Butt-to-Ball Squats (each)
- 10m Burpee Broad Jumps (each)

How does it work?

Each team will start with a relay style rotation of Tank pushes (10m in length) until 12 lengths are complete. Each member of the team will then complete each exercise one at a time before moving onto the next until the workout is complete. The fastest time to complete the workout as a team will decide the podium positions for each category (male, female and mixed).

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