

CHALLENGE 1 (Anterior) – Walking Plank

Set 1

Team 1 – Rockers

Team 2 – Walking Plank



Team 1 – Walking Plank

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – Walking Plank



Team 1 – Walking Plank

Team 2 – Rockers

30 seconds rest

CHALLENGE 2 (Posterior) – Opposite Arm and Leg (Elbow and Knee Touch)

Set 1

Team 1 – Rockers

Team 2 – Opposite Arm and Leg



Team 1 – Opposite Arm and Leg

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – Opposite Arm and Leg



Team 1 – Opposite Arm and Leg

Team 2 – Rockers

30 seconds rest

CHALLENGE 3 (Core) – Star Abs

Set 1

Team 1 – Rockers

Team 2 – Star Abs



Team 1 – Star Abs

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – Star Abs



Team 1 – Star Abs

Team 2 – Rockers

30 seconds rest

CHALLENGE 4 (Balance) – T Stand

Set 1

Team 1 – Rockers

Team 2 – T Stand



Team 1 – T Stand

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – T Stand



Team 1 – T Stand

Team 2 – Rockers

30 seconds rest

CHALLENGE 5 (legs) – Hip Thrusts

Set 1

Team 1 – Rockers

Team 2 – Hip Thrusts



Team 1 – Hip Thrusts

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – Hip Thrusts



Team 1 – Hip Thrusts

Team 2 – Rockers

30 seconds rest