



floatfit CHALLENGE addition 1

Addition 1 will include isometric contractions in the challenge. Isometrics are a type of strength training where the joint angle and muscle length do not change during contraction. Isometrics are done in static positions rather than being dynamic through a range of motions. Try the following CHALLENGE as a plug in to FloatFit Classes!

CHALLENGE 1 (Anterior) – High Plank

Set 1

Team 1 – Rockers



Team 2 – High Plank

Team 1 – High Plank

Team 2 – Rockers

Set 2

Team 1 – Rockers



Team 2 – High Plank

Team 1 – High Plank

Team 2 – Rockers

30 seconds rest

CHALLENGE 2 (Posterior) – Alternate Superman Hold

Set 1

Team 1 – Rockers



Team 2 – Alternate Superman Hold

Team 1 – Alternate Superman Hold

Team 2 – Rockers

Set 2

Team 1 – Rockers



Team 2 – Alternate Superman Hold

Team 1 – Alternate Superman Hold

Team 2 – Rockers

30 seconds rest

floatfit CHALLENGE

addition 1

CHALLENGE 3 (Core) – V-Sit

Set 1

Team 1 – Rockers

Team 2 – V-Sit



Team 1 – V-Sit

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – V-Sit



Team 1 – V-Sit

Team 2 – Rockers

30 seconds rest

CHALLENGE 4 (Balance) – Tree Pose (laterally)

Set 1

Team 1 – Rockers

Team 2 – Tree Pose



Team 1 – Tree Pose

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – Tree Pose



Team 1 – Tree Pose

Team 2 – Rockers

30 seconds rest

CHALLENGE 5 (Legs) – Squat Hold (laterally)

Set 1

Team 1 – Rockers

Team 2 – Squat Hold



Team 1 – Squat Hold

Team 2 – Rockers

Set 2

Team 1 – Rockers

Team 2 – Squat Hold



Team 1 – Squat Hold

Team 2 – Rockers

30 seconds rest