

# 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 2 – Rockers

Set 2

Team 1 – Rockers

Team 1 – High Plank

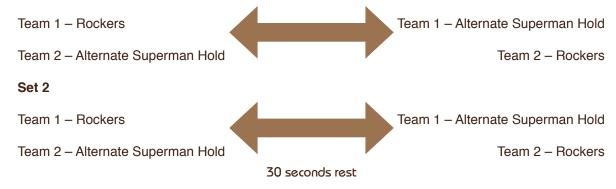
Team 1 – High Plank

Team 2 – Rockers

Team 2 – Rockers

## CHALLENGE 2 (Posterior) - Alternate Superman Hold

#### Set 1





# ohysical **floatfit CHALLENGE**addition 1

## CHALLENGE 3 (Core) - V-Sit

#### Set 1

Team 1 - Rockers

Team 2 - V-Sit

Set 2

Team 1 - Rockers

Team 2 - V-Sit



Team 1 - V-Sit

Team 2 - Rockers

Team 1 - V-Sit

Team 2 - Rockers

## CHALLENGE 4 (Balance) – Tree Pose (laterally)

### Set 1

Team 1 - Rockers

Team 2 - Tree Pose



30 seconds rest

Team 1 - Tree Pose

Team 2 - Rockers

Set 2

Team 1 - Rockers

Team 2 - Tree Pose



Team 1 - Tree Pose

Team 2 - Rockers

# 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



30 seconds rest

Team 1 - Squat Hold

Team 2 - Rockers