

floatfit CHALLENGE

addition 2

Addition 2 reduces the challenge to single sets, creating a circuit of 5 exercises that are completed consecutively. At the end of the first circuit, there is a rest of 30 seconds. The circuit is then repeated.

The exercises in this CHALLENGE will test your participants cardiovascular endurance.

Exercise 1 (Anterior) – Mountain Climbers

Team 1 – Rockers

Team 2 – Mountain Climbers



Team 1 – Mountain Climbers

Team 2 – Rockers

30 seconds rest

Exercise 2 (Posterior) – Swimmers

Team 1 – Rockers

Team 2 – Swimmers



Team 1 – Swimmers

Team 2 – Rockers

30 seconds rest

Exercise 3 (Core) – Bicycle Crunches

Team 1 – Rockers

Team 2 – Bicycle Crunches



Team 1 – Bicycle Crunches

Team 2 – Rockers

30 seconds rest

Exercise 4 (Balance) – Yogi Squat (laterally)

Team 1 – Rockers

Team 2 – Yogi Squat



Team 1 – Yogi Squat

Team 2 – Rockers

30 seconds rest

Exercise 5 (Legs) – Standing Up

Team 1 – Rockers

Team 2 – Standing Up



Team 1 – Standing Up

Team 2 – Rockers

30 seconds rest

rest for 30 seconds then repeat