REBEL Elite Fitness X Drager Fitness Challenge

Team Workout:

2.5km Row (machine must always be moving) – Separate scoring opportunity

Each member must complete:

10 Synch Burpees before each round when a next person starts (Strategy is important)
15 Box Step overs 24/20
10 Med ball over shoulder 30/20
5 Shoulder to overhead 35/25
Sled Pull 70/50

*12 min Time Cap (remaining reps to be added as 1 sec per rep)

Individual Workout:

250m/200m Row
Farmers walk 24KG/16 KB
15 Box Step overs 24/20
10 Med ball over shoulder 30/20
5 Shoulder to overhead 35/25
Sled Pull 70/50
5 Shoulder to overhead 35/25
10 Med ball over shoulder 30/20
15 Box Step overs 24/20
Farmers walk 24KG/16 KB
250m/200m Row

*10 min Time Cap (remaining reps to be added as 1 sec per rep)

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