

FLOATER

Athlete 1

20/30 Cal Assault Bike

20 m. High Side Prowler Push

20 m. Sprint + tag

Athlete 2

20/30 Cal Assault Bike

20 m. Sprint

20 m. Low Side Prowler Push

RX & OPEN WEIGHTS ARE THE SAME

M: Sled+140 / F: Sled+70

DESCRIPTION

This workout begins with both athletes standing at the starting line. After the call of “3, 2, 1...Go”, one athlete will hop on the Assault Bike and complete the required calories. The athlete can NOT hop off the bike until the required calorie count is shown on the monitor, **hopping off expecting coasting calories is not allowed and will receive a :30 penalty added to the total time.** They will then push the sled 20 m. until the entire sled passes the designated line. They will then run back and tag their partner at the starting line. After the tag, the second athlete can hop on the Assault Bike and complete the required calories. After they complete the calorie count they will hop off and sprint 20 m. to the sled and push the sled 20 m. until the entire sled crosses the finish line.

The team score for the Floater will be the total time it takes to complete all of the required work.

MOVEMENT STANDARDS

Assault Bike

- The bike must be pedaled forward

Prowler Push

- First athlete will push the Prowler using the high side
- Second athlete will push the Prowler using the low side
- Spinning, turning, rotating or pulling the prowler is not allowed