



## Floater (Cap 3:00) Bikes & Balls

10/8 Cal Bike

4-3-2-1 DBall Over Shoulder (100/70)

Both partners work independently but simultaneously. Score is combined time of both partners. Capped athletes receive :01 per each remaining rep.

- **Workflow:** At 3-2-1-Go, both team members begin on their respective bike and complete 10 (male) or 8 (female) calories on the Echo Bike. Upon completion, leave the bike and go to their respective DBall (100# male/70# female) and each athlete must complete 4 reps. It is the athlete's responsibility to reset the bike for another 10/8 calories. This is done by pressing stop to clear and start to begin working. Upon completion then to the DBall for 3 reps over the shoulder. After 3 reps completed, back to the bike for 10/8 calories. Back to the DBall for 2 reps. One last set of 10/8 calories on the bike and one last rep of DBall over Shoulder...time is called for each respective athlete upon tagging the bike after completion of the last rep of DBall Over the Shoulder
- **DBall:** A good rep is completed when the DBall is picked up and moved over the top of the shoulder (not over the side of the arm) with both the knees and hips extended. After 4 reps, back to the bike.

Score is total combined time of both team members. A :01 penalty will be issued for each rep NOT completed in the time cap

Example:

P1- 2:17

P2- 3:03 (cap +3)

Total Time 5:20