OCTOBER 21ST, 2023

FLOATER

FLOATER: TITANIC

For Time: 5 Mins Time Cap

3 ROUNDS

12 Cals Rower

12 Rowing facing Burpees over the Rower

(F-M1-M2)

NOTES:

- Workout Starts with All 3 Athetes behind the designated line.
- After the call of "3,2,1…Go" the athletes First Athlete completes the rowing calories and burpees returns to the line and tag the second member.
- Each member need to complete 1 full round and tag the next member.
- Teams can choose the order of the athletes.

EQUIPMENT

RX & Scaled
1 Rower

MOVEMENT STANDARDS

Burpees

- Athletes' chest must clearly touch the floor in every rep.
- Burpee line must be clearly between the athletes leg at every rep
- Athletes must jump over the rower at every rep. Jumping behind of the rower is not allowed.
- Only 2 feet take off is allowed.

Rower

- Dial on the rower must turn to the 12th calory before the member can get of the rower
- Rower will be reset at the beginning of each round.

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3 ROUNDS

12 Cals Rower

12 Rowing facing Burpees over the rower

(F-M1-M2)

	SCORE	
12 Cal Rower		12
12 Burpees over rower		24 T
12 Cal Rower		36
12 Burpees over rower		48
12 Cal Rower		60
12 Burpees over rower		72
TIME:		TOTAL REPS IF TIME CAP: ____

TEAM NAME: _____   RX: _____ SCALED : _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

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FLOATER

TEAM NAME: _____   RX: _____ SCALED : _____ SCORE : TIME:_____ or _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout
Judge Signature: _____