

THE FLOATER

Athlete 1 will start on the rower with athlete 2 waiting behind them. The rower screen will be facing down away from both athletes. Both athletes will work to complete a total of 800 meters on the rower. Both athletes must row but there is no specific distance each athlete must complete. Athletes will not be permitted to assist with the transition.

Once the 800m is complete, both athletes will advance to the next station, 21 alternating burpees. Chest and quads must touch the ground. After standing, the feet must leave the ground with the hands overhead. The hips do not have to fully open for the rep to be complete. Athlete 2 may start their burpee after athlete one jumps with their hands overhead.

After the 21 burpees, both athletes will move forward and complete 15 D-ball over shoulder. They may alternate any way they like.

The 3rd and final station is 9 alternating jumping lunges, 2:1 here. A lunge with the left leg forward followed by a lunge with the right leg forward is one rep. This movement begins with the athletes standing tall. The athletes will then perform a regular lunge with the same leg (right or left), forward or reverse, with the knee touching the ground, followed by a jump into the next lunge with the opposite knee touching the ground. The athletes must show full extension of the hips and knees while jumping to be credited with the rep.

For the scaled division, athletes are allowed (but not required) to perform step lunges, either forward or reverse. In this scenario, each rep will begin standing tall. The athlete will then touch their lunging knee to the ground before returning to a full-extension standing position for the rep to count.

Upon completion of the lunges, both athletes will run back to the start/finish line. The workout is complete when both athletes cross the line.