



Floater - "REDEMPTION"

Individual	2-Person Team (All Divisions)
<p>On a 4 minute clock - 500 Meter Row</p>	<p>On a 4 minute clock for each athlete - 500 Meter Row</p>
<p>In the time remaining AMRAP - 2 Snatches 4 Bar-Facing Burpees</p>	<p>In the time remaining AMRAP - 2 Snatches 4 Bar-Facing Burpees</p>

Workout Standards

RX - Snatches (135/95), Two Foot Hop Over Barbell

Scaled - Snatches (115/75), Step Over Barbell

Masters 35+ - Snatches (115/75), Two Foot Hop Over Barbell

Scoring Standards

TWO SCORES will be recorded for this workout

Score 1: Row time // Score 2: REPS COMPLETED during the AMRAP

Row time will not be submitted on the leaderboard but will be used for tie break, if necessary

Flow of Workout

→ **Individuals:** Complete as written.

→ **2-Person Teams:** Athlete one will have a 4 minute clock to complete as written. There will be NO CHANGE TIME (for an 8 minute time cap) between athletes. Athlete two can sit on the rower as athlete one is completing their

AMRAP. Once the 4 minutes is complete for athlete one, athlete two will start their 4 minute clock to complete as written.

Movement Standards

- **Rowing:** Athletes must ensure that the rower hits the desired meter count before getting off the rower to proceed with the next phase of the workout. No rolling meters will be accepted.
- **Snatch:** Each rep starts from the ground. Athletes can use any of the following: power snatch, squat snatch, split snatch, or muscle snatch. The bar will move in one swift movement from the ground to overhead. At the top, coming to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body. The rep is complete when the athlete fully stands with the bar, with the arms, hips, and legs fully locked out.
- **Bar-Facing Burpee (Two Foot Hop Over Barbell):** Athletes will start on one side of the barbell and perform a burpee facing the bar. The athlete's chest and thighs must touch the ground when performing the burpee. Once the athlete is up from the burpee, they will jump over the bar with a two foot takeoff. The athlete will then complete another burpee to continue onto the next rep.
- **Bar-Facing Burpee (Step Over Barbell):** Athletes will start on one side of the barbell and perform a burpee facing the bar. The athlete's chest and thighs must touch the ground when performing the burpee. Once the athlete is up from the burpee, they can step or hop over the barbell. The athlete will then complete another burpee to continue onto the next rep.