

Team Name: _____

Floater Scorecard - **Sandman**

Team Division: _____

AMRAP 3 -

→ burpees over the sandbag

AMRAP 2 -

→ sandbag squats

AMRAP 1 -

→ sandbag over the box

- RX
 - MM - #150/30" box
 - FF - #100/20" box
 - MF - #125/24" box

- SX
 - MM - #100/24" box
 - FF - #50/20" box
 - MF - #75/20" box

- **Total Time Cap** - 6 min

- **Standards -**

- 1 athlete working at a time for movements; athletes may split reps as they see fit
- All 3 AMRAPs will happen back to back; 6 min running clock
- Feet are not allowed to touch the sandbag when performing burpees
 - Scaled divisions may step over the sandbag
- For sandbag squats the sandbag must be held in front of the chest in a "hug" position. Bag is not allowed to be held with fully extended arms or on shoulders or back
- For the sandbag over the box, the sandbag must be lifted or cleaned from one side of the box to the other. The bag is allowed to rest on top of box, however, it must be completely over the box to the other side to be considered a full rep

- **Scoring -**

- Score = total reps added together for all 3 AMRAPs

Burpees	
Squats	
Box	

Total Reps for all 3 AMRAPs: _____