



**2017 CFuNKY Throwdown**  
**BE YOUR OWN HERO!**  
**FLOATER**

**Floater Wod**  
3 Minute Time Cap

**Equipment:**  
Tire

**WOD:**  
100m Tire Farmers Carry  
ME Tire Flip

**Total Points Possible:** 40 Total Pts for Farmers Carry (10 Pts per 25m), 2 Pts Flip

**Description:**

**RX** - Only 1 person working at a time and switching as needed, choose partner to begin Farmers Carry. Team will carry the Tire a total of 100m. Once team has crossed the 100m mark, teams will begin flipping tire as fast as possible to rack up as many points as possible. Only one person flipping tire at a time, therefore no assisted flips. Team can alternate flips but can not assist each other during flip. Teams will continue flipping tire until 3 minutes have been completed.

**Scaled** - Team will begin with a 100m Farmers/Tire Carry. Teams will carry the tire a total of a 100m. Once 100m have been reached, teams will begin flipping the tire as fast as possible to rack up as many points as possible. Team mates may assist each other during the flip or may choose to flip individually. Teams will continue flipping the tire until 3 minutes have been completed.

**Standards:**

**RX Tire Farmers Carry**

- Partners must deadlift tire from center of the tire and carry like a Farmers Carry.
- No rolling of tire or carrying from the sides/only 1 person carrying tire.

**Scaled Tire Carry**

- No rolling of tire
- Tire may be carried from the sides or inside of tire, it is the teams choice. One team member may carry the entire tire on their own but it is not required.

**Tire Flip**

- Tire must begin from the ground and not caught mid flip.
- Partner Deadlifts tire from ground and pushes until tire is completely flipped
- No rolling of tire.