



**Floater Wod**  
**Prove Yourself**  
2 Min AMRAP

**Equipment:**  
Sled  
2x 45lb Plates  
2x 15

**WOD:**  
As Many Rounds as Possible in 2 Min

50 Ft Sled Push  
50 Ft Hand Over Hand Sled Pull

\*\*Every 10 Ft = 10 Pts/Reps  
\*\*Only one person working at a time

**Total Points Possible: 360**

**Description:**  
The goal is to complete as many rounds of "Prove Yourself" within 2 minutes. At 3,2,1 go, teams will begin the 50 Ft Sled Push. Only one team member may be working at a time. Athletes may switch at anytime but only one may be touching the sled at a time. Once the full weight of the sled crosses the 50 Ft line the athletes may begin the 50 Ft Hand Over Hand Sled Pull. Once again, only one athlete working at a time and only one pair of hands may be touching the rope. Athletes will continue the Sled Push and Pull until the 2 minutes have been completed. Every 10 Ft the athletes will receive 10 pts/reps once the full weight of the sled has passed the 10 Ft marker. If the sled does not cross over the 10 Ft line at the end of 2 minutes the team will not receive that set of points.

**Standards:**

**Sled Push:**

- Athlete and sled must start behind the start line to begin.
- Athlete must push the sled completely over the line to receive that set of points/reps.
- Only one athlete may be touching the sled at a time.

**Hand Over Hand Sled Pull:**

- Athlete may not cross over the start line on the Sled Pull.
- Feet should remain planted at all times.
- Hand over hand movement is the only way to pull the sled back to the start position.