



**2021 ALLSTAR ONLINE INDIVIDUAL
FLOATER - CROSSFIT TOTAL**
Time Cap - 27min Cap



INDIVIDUAL NAME _____

WORKOUT DESCRIPTION

ALL DIVISIONS

1 RM BACK SQUAT

1 RM SHOULDER PRESS (STRICT PRESS)

1 RM DEADLIFT

* Athletes MUST announce weight before attempting the weight

* The weight must increase after each successful attempt at each movement. The weight may not be decreased after the first attempt.

* A failed rep counts as an attempt.

* Take the Back Squat and Shoulder Press (aka: Strict Press) from the weight rack.

* Lift must be completed within each time window and the weight must be announced prior to the lift being attempted.

TIME WINDOW

0 - 3mins

Back Squat

3 - 6mins

Back Squat

6 - 9mins

Back Squat

9 - 12mins

Strict Press

12 - 15mins

Strict Press

15 - 18mins

Strict Press

18 - 21mins

Dead Lift

21 - 24mins

Dead Lift

24 - 27mins

Dead Lift

TOTAL WEIGHT - 1 RM LIFT (BACKSQUAT +
STRICT PRESS + DEADLIFT)