



Side Workout #1 - 5 Minute AMRAP

Rope Sled Pulls (50 ft.)

RX - 250/175# Scaled - 205/145# Beginner - 165/105#

Both partners will begin on the side opposite the sled with the rope lying on the ground. At 3, 2, 1, go... partner 1 will pick up the rope and pull the sled down the lane across the line in front of them (partner 2 must remain on the same side of the lane as partner 1 until the pull has been completed). Once the entire sled has crossed the line, the team will turn the sled around and carry the rope down to the other end. Once both teammates are together behind the lane, partner 2 can begin pulling the sled down the lane. Once the entire sled has crossed the line, the partners will again turn the sled and carry the rope to the other side. Once both partners are together behind the lane, partner 1 can begin pulling the sled down the lane. The partners will continue switching turns pulling the sled for the entire 5 minutes. Intermediate marks will be made every 10 feet with each mark representing one rep of the pull (5 reps per pull down the lane). It does not matter which teammate is partner 1 and which is partner 2.

Side Workout #1 Scoring

Total number of reps completed by the team.