



## WORKOUT 21.3

### ADAPTIVE - SEATED W/O HIP FUNCTION

For total time:

- 15 box dips
- 30 med-ball sit-ups
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 box dips
- 30 pull-ups
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 box dips
- 30 chest-to-bar pull-ups
- 15 DB shoulder-to-overheads

21.4 begins immediately upon completing or reaching the time cap for 21.3.

♀ *Two 15-lb. dumbbells, 10-lb. medicine ball*

♂ *Two 25-lb. dumbbells, 10-lb. medicine ball*

**Time cap: 15 min.**

### NOTES

This workout begins with the athlete sitting tall in their wheelchair. After the call of "3, 2, 1 ... go," the athlete will perform 15 dips, then move to the ground for 30 medicine-ball sit-ups\*, then to the dumbbells for 15 dumbbell presses before resting for 1 minute.

\*Athletes who cannot perform medicine-ball sit-ups safely may submit a modification request to substitute core twists, in or out of their chair, in accordance with section 14.0 of the Adaptive Athlete Policy.

After 1 minute of rest, the athlete will complete 15 dips, then move to the pull-up bar to complete 30 pull-ups, and back to the dumbbells to complete 15 presses before resting for 1 minute.

After 1 minute of rest, the athlete may then move forward to the final round of 15 dips, 30 chest-to-bar pull-ups, and 15 presses.

Only one set of dumbbells may be used. The athlete may receive assistance moving or resetting their dumbbells.

The athlete's score will be the total time it takes to complete the workout, including the two rest periods, or the total

number of repetitions completed before the 15-minute time cap.

**Note:** The 7-minute time frame for Open Workout 21.4 begins immediately after the athlete completes or reaches the time cap for 21.3.

Only one barbell may be used for 21.4. Athletes may receive assistance changing the load on the bar. Athletes may preload a barbell in preparation for 21.4.

### TIEBREAK

Record the time at the end of each set of presses.

If the athlete completes the workout prior to the 15-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the workout, they will submit their final rep count as well as the elapsed time at which they completed their last full set of presses.

In the case where two athletes have the same score (total number of reps), the athlete with the faster tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

### EQUIPMENT

- Dip setup: boxes or dip bar
- Dumbbells\*
- Medicine ball\*
- Pull-up bar
- Safety mat (not required but highly encouraged)

\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the dumbbell presses are 11 kg (25 lb.) and 7.5 kg (15 lb.). The minimum acceptable weight for the medicine ball is 4 kg (10 lb.)

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

- Film the dumbbells so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- **21.3 and 21.4 must be recorded as a single, unedited video.**



## MOVEMENT STANDARDS

### DIP



- The dip begins and finishes with the athlete's arms locked out, with the feet on the ground in front of or under the body.
- The dip may be performed on a set of boxes, a dip bar, or other similar equipment.



- At the bottom, the shoulders must clearly pass below the elbows.
- Use of the legs is not permitted. The athlete's feet may touch the ground and stay under the torso throughout the movement.
- The athlete's body must be completely supported by the arms throughout the movement. Touching the buttocks to the ground at the bottom of the dip is a no rep.

### MEDICINE-BALL SIT-UP



- Each rep of the sit-up begins with the athlete's back in contact with the floor, their feet on the ground, and the medicine ball touching the floor above their head.
- Athletes may anchor their feet with dumbbells, or similar equipment, or have an assistant hold their feet.



- The rep is credited when the athlete has raised their torso so their chest is upright, shoulders over the hips, and they have touched the medicine ball to their legs or ground..
- AbMats are permitted.
- Athletes who cannot perform medicine-ball sit-ups safely may submit a modification request to substitute core twists, in or out of their chair, in accordance with section 14.0 of the Adaptive Athlete Policy.



## MOVEMENT STANDARDS

### DUMBBELL SHOULDER-TO-OVERHEAD



- Each set of presses begins with the dumbbells touching the athlete's shoulders.
- Athletes may perform this movement from their wheelchair or another seated position.

- The rep is credited when the athlete reaches full lockout with the dumbbells overhead. The athlete's arms must be fully extended, and the dumbbells must be directly over, or slightly behind, the middle of their body.
- Athletes may NOT receive assistance moving or resetting their dumbbells.

### CHIN-OVER-BAR PULL-UP



- The athlete must start each rep hanging, with arms fully extended, buttocks out of the seat and not touching the ground. The feet may be on the ground in front of the body.
- Any style of pull-up or grip is permitted as long as the requirements are met.

- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted. Athletes are also permitted to wear any grip assistance device that aids in grip and safety of the movement.



## MOVEMENT STANDARDS

### CHEST-TO-BAR PULL-UP



- The athlete must start each rep hanging, with arms fully extended, buttocks out of the seat and not touching the ground. The feet may be on the ground in front of the body.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted. Athletes are also permitted to wear any grip assistance device that aids in grip and safety of the movement.

### DUMBBELL CORE TWIST



- Every rep begins and ends with the athlete sitting tall on the ground, with the dumbbell on one side of the body.



- Using two hands, the athlete will move the dumbbell from one side of the body to the other by passing the dumbbell over the thighs in a twisting motion.
- Both hands must be on the dumbbell at all times.



## MOVEMENT STANDARDS

### DUMBBELL CORE TWIST (CONTINUED)



- The rep is credited when the athlete touches the dumbbell to the ground with the bottom head of the dumbbell passing behind the hip crease on the opposite side of the starting position.
- Every rep begins and ends with the athlete sitting tall on the ground, with the dumbbell on one side of the body.
- Using two hands, the athlete will move the dumbbell from one side of the body to the other by passing the dumbbell over the thighs in a twisting motion.
- Both hands must be on the dumbbell at all times.



## WORKOUT 21.4

### ADAPTIVE - SEATED W/O HIP FUNCTION

Complete the following complex for max load:

- 1 lap clean
- 3 shoulder presses

*Time begins immediately following the completion of 21.3.*

**Time cap: 7 min.**

## NOTES

The athlete may not begin Open Workout 21.4 until they have completed or reached the time cap for 21.3.

Immediately after 21.3, the athlete may begin their lifting attempts, completing one lap clean and then three shoulder presses. The movements must be completed in one continuous sequence without rest or interruption.

There is no limit to the number of attempts an athlete can make within the 7-minute time period. Any successful attempt where the bar leaves the lap before the 7-minute time cap will count.

Only one barbell may be used for 21.4. Athletes are permitted to receive assistance changing the load on the bar. Athletes may also preload a barbell in preparation for 21.4.

The athlete's score **MUST** be recorded in pounds. The minimum weight increment allowed is 1 lb. If lifting in kilos, the athlete's score must be converted to pounds prior to score submission. Round up to the nearest pound when recording scores. Men are required to use a 45-lb. (20-kg) bar. Women are required to use a 35-lb. (15-kg) bar.

Collars must be placed on the outside of the plates for each attempt. Collars cannot be included in the total weight.

The athlete's score will be the heaviest weight successfully lifted, in pounds.

Scores from 21.3 and 21.4 **MUST** come from the same attempt at the pair of workouts. Scores posted independently will be rejected.

## 21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	add 7 minutes	21.4 ends
10:00	7:00	17:00
11:25	7:00	18:25
12:15	7:00	19:15

## TIEBREAK

In the event of a tie (i.e., athletes lift the same weight), the athletes' 21.3 results will be used to break the tie.

## EQUIPMENT

- Barbell (Men must use a 45-lb./20-kg bar. Women must use a 35-lb./15-kg bar.)
- Standard bumper plates (18-inch diameter) and change plates (no less than 0.5 lb.)
- Collars to secure the plates on the barbell
- Safety lap mat (not required but highly encouraged)

\* The official weight must be recorded in pounds. Note: If converting kilograms to pounds, round up to the nearest pound. Collars cannot be included in the weight.

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

## VIDEO SUBMISSION STANDARDS

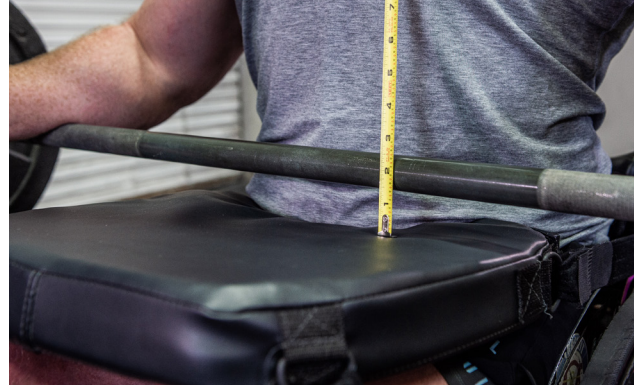
- Film the plates and barbell so the loads can be seen clearly.
- Prior to each lift, the athlete must clearly state the weight being attempted.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so the exercise can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- **21.3 and 21.4 must be recorded as a single, unedited video.**





## MOVEMENT STANDARDS

### LAP CLEAN



- If using a platform setup (shown in pictures with stacked plates), the resting bottom-most part of the barbell, with plates on the barbell, may be no more than 2 inches above the lap or pad.



- The lap clean may start from the lap or from a platform setup.



- The rep is credited when the bar is supported in the front-rack position and the athlete's torso is vertical.
- The bar must continue moving up to the rack position in one smooth motion.
- The bar may not pause, rest on the chest, or descend during the attempt. If so, the repetition does not count and the complex must be restarted.

## MOVEMENT STANDARDS

### SHOULDER PRESS



- Following the lap clean, the barbell must be in contact with the shoulders to begin the presses.
- A strict press or seated version of the push press are all permitted as long as the required finish position is achieved.
- Athletes may shrug and descend the shoulders to create a bounce to start the pressing movement. But as soon as the bar leaves the shoulders the lift must continue upward overhead or it is a no rep.



- The rep is credited when:
  - The barbell is locked out overhead with the athlete's arms extended.
  - The bar is over or slightly behind the center of the athlete's upper body.
- If the athlete fails the press and brings the barbell back to the front rack, the athlete may **NOT** reattempt the press.





## WORKOUT 21.3

### ADAPTIVE - SEATED W/O HIP FUNCTION

For total time:

- 15 box dips
- 30 med-ball sit-ups
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 box dips
- 30 pull-ups
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 box dips
- 30 chest-to-bar pull-ups
- 15 DB shoulder-to-overheads

21.4 begins immediately upon completing or reaching the time cap for 21.3.

♀ Two 15-lb. dumbbells, 10-lb. medicine ball

♂ Two 25-lb. dumbbells, 10-lb. medicine ball

Time cap: 15 min.

15 BOX DIPS	15	
30 MED-BALL SIT-UPS	45	
15 DUMBBELL SHOULDER-TO-OVERHEADS	60	
REST 1 MINUTE		TIME
15 BOX DIPS	75	
30 PULL-UPS	105	
15 DUMBBELL SHOULDER-TO-OVERHEADS	120	
REST 1 MINUTE		TIME
15 BOX DIPS	135	
30 CHEST-TO-BAR PULL-UPS	165	
15 DUMBBELL SHOULDER-TO-OVERHEADS	180	

IMMEDIATELY START 21.4

TIME

Time OR Reps at 15 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_

Print

Tiebreak Time \_\_\_\_\_

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_

Affiliate Copy

Athlete Signature

Date

Athlete Copy

## WORKOUT 21.3 - ADAPTIVE - SEATED W/O HIP FUNCTION

Time OR Reps at 15 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_

Print

Tiebreak Time \_\_\_\_\_

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_

Judge Signature

Date



## WORKOUT 21.4

### ADAPTIVE - SEATED W/O HIP FUNCTION

Complete the following complex for max load:

1 lap clean

3 shoulder presses

*Time begins immediately following the completion of 21.3.*

**Time cap: 7 min.**

### 21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	add 7 minutes	21.4 ends
10:00	7:00	17:00
11:25	7:00	18:25
12:15	7:00	19:15

	LOAD (WEIGHT IN LB.)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	
ATTEMPT 9	
ATTEMPT 10	

**Athlete Name** \_\_\_\_\_

Print

**Heaviest Load (in Pounds)** \_\_\_\_\_

**Workout Location** \_\_\_\_\_

**Judge** \_\_\_\_\_

**21.3 Time or Reps (for Tiebreak)** \_\_\_\_\_

Judge Name

Has judge passed CrossFit's  
Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_

Affiliate Copy

Athlete Signature

Date

Athlete Copy

## WORKOUT 21.4 - ADAPTIVE - SEATED W/O HIP FUNCTION

**Athlete Name** \_\_\_\_\_

Print

**Heaviest Load (in Pounds)** \_\_\_\_\_

**Workout Location** \_\_\_\_\_

**Judge** \_\_\_\_\_

**21.3 Time or Reps (for Tiebreak)** \_\_\_\_\_

Judge Name

Has judge passed CrossFit's  
Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_

Judge Signature

Date



### 21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	add 7 minutes	21.4 ends
9:00	7:00	16:00
9:15	7:00	16:15
9:30	7:00	16:30
9:45	7:00	16:45
10:00	7:00	17:00
10:15	7:00	17:15
10:30	7:00	17:30
10:45	7:00	17:45
11:00	7:00	18:00
11:15	7:00	18:15
11:30	7:00	18:30
11:45	7:00	18:45
12:00	7:00	19:00
12:15	7:00	19:15
12:30	7:00	19:30
12:45	7:00	19:45
13:00	7:00	20:00
13:15	7:00	20:15
13:30	7:00	20:30
13:45	7:00	20:45
14:00	7:00	21:00
14:15	7:00	21:15
14:30	7:00	21:30
14:45	7:00	21:45
15:00	7:00	22:00

15-second intervals are used as a guide in the examples. Please use the exact time at which the athlete completes 21.3 and add 7 minutes to determine when 21.4 ends.