



WORKOUT 21.3 - FOUNDATIONS

For total time:

- 15 air squats
- 30 sit-ups
- 15 thrusters with stick

Rest 1 min.

- 15 air squats
- 30 dumbbell rows, 10 lb. (15 left, 15 right)
- 15 thrusters with stick

Rest 1 min.

- 15 air squats
- 30 push-ups
- 15 thrusters with stick

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

To modify the squat and thruster, complete a sit-to-stand from a chair.

To modify the sit-up, reduce the range of motion and touch the knees.

Instead of a dumbbell, you can use a household object for the dumbbell row.

If you have two dumbbells, you can complete the rows with both hands at the same time.

To modify the push-up, perform from the knees or elevate the hands.

Time cap: 15 min.

NOTES

Prior to starting the workout, find an unweighted stick and a light dumbbell or something else in the home to use for the dumbbell rows. Some creative examples may be a canned good from the pantry or a small stone from the garden.

Begin with 15 air squats, then 30 sit-ups, and finally 15 thrusters using the stick. After finishing the thrusters, rest for 1 minute.

After the 1 minute of rest, begin the second round of 15 air squats, 30 dumbbell rows (completing either 15 on the left arm and 15 on the right or rowing with both sides at the same time if a pair of dumbbells is available), and 15 thrusters. Then rest again for 1 minute.

After the final 1 minute of rest, begin the final round of 15 air squats, 30 push-ups, and 15 thrusters.

For all movements, choose a modification that allows you to complete the range of motion appropriate to your skill and fitness level for the duration of the workout.

Your score will be the total time it takes to complete the workout or the total number of repetitions completed before the 15-minute time cap.

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

If you plan to complete 21.4, start the timer as soon as you finish 21.3.

TIEBREAK

Record your time at the end of each set of thrusters.

If you complete the workout before the time cap, there will be no tiebreaker.

If you do not complete the workout before the time cap, when you log your score, you will enter the total number of reps you completed as well as the time at which you completed your last full set of thrusters. If you and another athlete tie, the athlete with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.



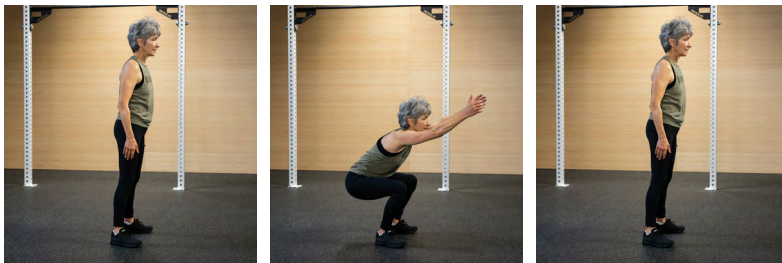
POINTS OF PERFORMANCE

AIR SQUAT

For a video demonstration of the air squat, click [HERE](#).

Option 1:

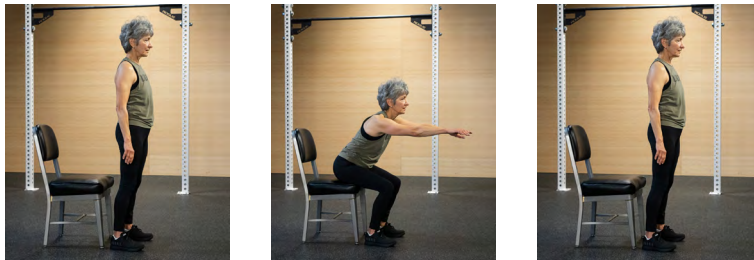
- Start the squat with your feet slightly wider than shoulder width.
- Keep your heels down and knees in line with your toes while maintaining a neutral spine and keeping your eyes on the horizon.
- Descend until your hips are slightly lower than your knees.
- Stand back up until your hips and legs are fully extended.



Option 2 (reduced range of motion):

For a video demonstration of the squat-to-chair, click [HERE](#).

- Squat to an elevated surface by using a chair or couch to sit and stand.

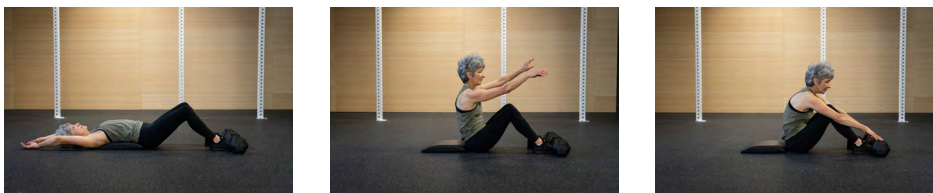


SIT-UP

For a video demonstration of the sit-up, click [HERE](#).

Option 1:

- Begin by lying on the floor.
- Touch the ground over your head.
- Sit up and touch your feet with both hands.





POINTS OF PERFORMANCE

SIT UP (CONTINUED)

Option 2 (reduced range of motion):

- Sit up until you touch your knees.

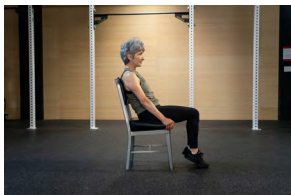
For a video demonstration of the sit-up with reduced range of motion, click [HERE](#).



Option 3:

- Perform a seated knee-up by sitting on a couch or chair and pulling your knees into your chest.

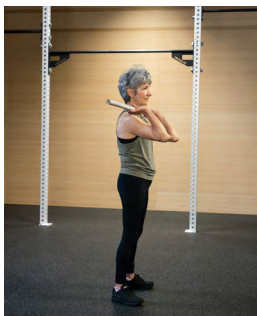
For a video demonstration of the seated knee-up, click [HERE](#).



THRUSTER

Option 1:

- Start with your feet slightly wider than shoulder width.
- Maintain a neutral spine, keep your heels down and knees in line with your toes.
- Keep your eyes on the horizon.
- Descend until your hips are slightly lower than your knees.
- Stand back up until your hips and legs are fully extended.
- Finally, press the stick overhead until your arms are extended and the stick is over the middle of your body.





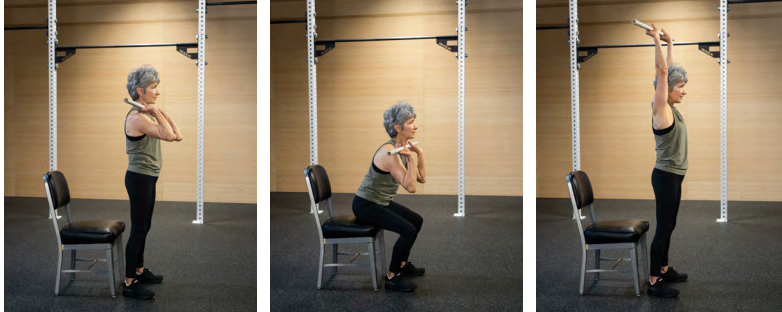
POINTS OF PERFORMANCE

THRUSTER (CONTINUED)

Option 2 (reduced range of motion):

For a video demonstration of the thruster to an elevated surface, click [HERE](#).

- You may squat to an elevated surface by using a chair or couch to sit and stand.



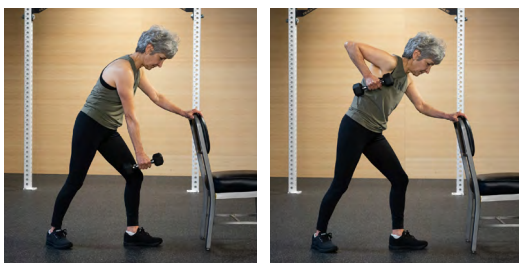
DUMBBELL ROW

For a video demonstration of the dumbbell row, click [HERE](#).

- Soften your knees and hinge at the hip while maintaining a neutral spine.
- Then, pull the dumbbell toward your torso to approximately the level of your sternum.



For a video demonstration of the single-arm dumbbell row, click [HERE](#).



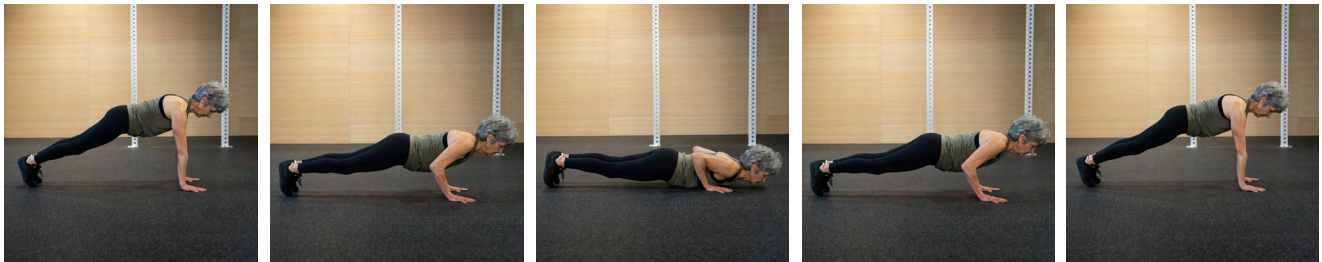
POINTS OF PERFORMANCE

PUSH-UP

For a video demonstration of the push-up, click [HERE](#).

Option 1:

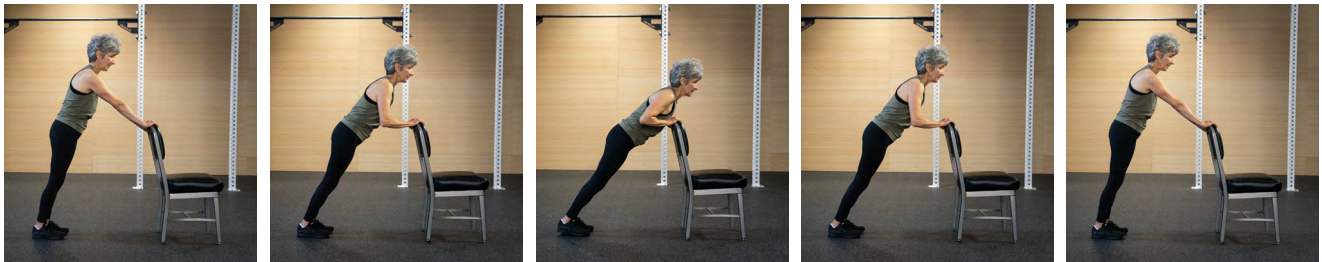
- Begin the push-up with your hands approximately shoulder width apart.
- Maintain a neutral spine.
- Keeping your elbows close to the body, begin to descend, lowering until your chest and thighs touch the floor.
- Press back up until your arms are fully extended.



Option 2 (reduced difficulty):

For a video demonstration of the push-up to an elevated surface, click [HERE](#).

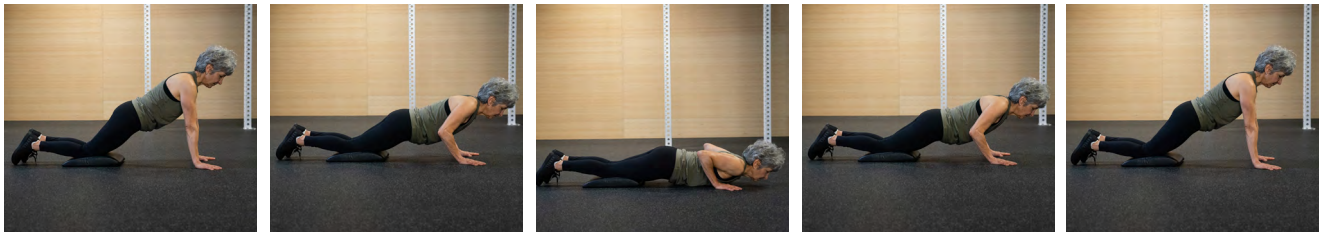
- Place your hands on an elevated surface to reduce the challenge.



Option 3 (knees down):

For a video demonstration of the knee push-up, click [HERE](#).

- Perform the push-up from your knees.



WORKOUT 21.4 - FOUNDATIONS

Complete the complex for load and technique:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 push press

Time begins immediately following the completion of 21.3.

Start with the stick and only add load if technique is sound.

If performing this workout without a coach, err on the side of safety and don't worry about adding load as you go.

Time cap: 7 min.

For a video demonstration of the entire complex, click [HERE](#).

21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	21.4 starts	21.4 ends
10:00	10:00	17:00
13:30	13:30	20:30
14:25	14:25	21:25
15:00	15:00	22:00

NOTES

The intent for this workout is to begin the 7-minute timer as soon as you finish 21.3, but if you are participating in the foundations division only, you may rest as needed before completing 21.4. Prior to starting the workout, find an unweighted stick.

Begin the workout with the stick, completing the complex of 1 deadlift, followed by 1 clean, then 1 hang clean, and finally 1 push press.

If your technique is sound, you may rest, increase the load slightly, and try again. You can make as many attempts as you like before the 7-minute time cap. However, we recommend keeping the total number of attempts low, as there may be a lot of built-up fatigue from completing 21.3.

Your score will be the heaviest weight (in lb.) you lift across the entire movement complex.

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

TIEBREAK

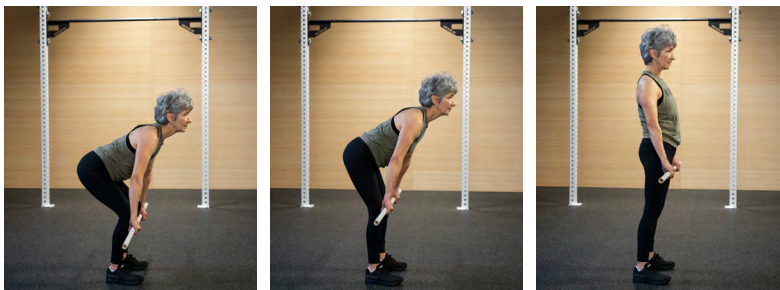
In the event of a tie (i.e., athletes lift the same weight), the athletes' 21.3 results will be used to break the tie.

POINTS OF PERFORMANCE

DEADLIFT

Option 1:

- Start the deadlift with your feet under your hips.
- Keep your heels down and maintain a neutral spine with your eyes on the horizon.
- Keeping your arms straight throughout the movement, stand up until your hips and legs are fully extended.



For a video demonstration of the deadlift, click [HERE](#).



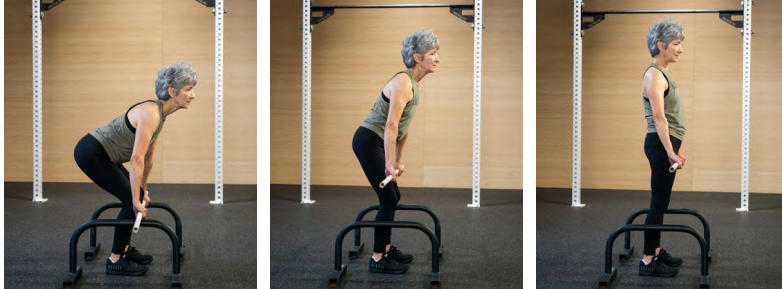
POINTS OF PERFORMANCE

DEADLIFT (CONTINUED)

For a video demonstration of the elevated deadlift, click [HERE](#).

Option 2 (reduced range of motion):

- Start the deadlift from an elevated position (i.e., with the bar on parallettes or other stable elevated surfaces).

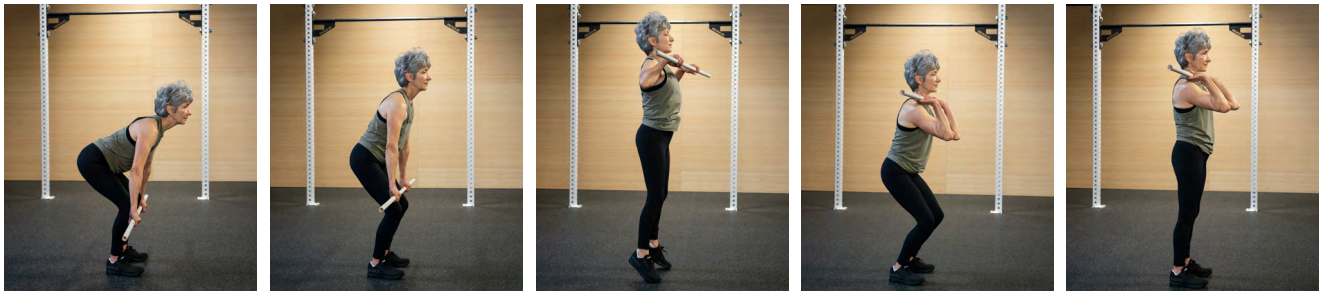


CLEAN

For a video demonstration of the clean, click [HERE](#).

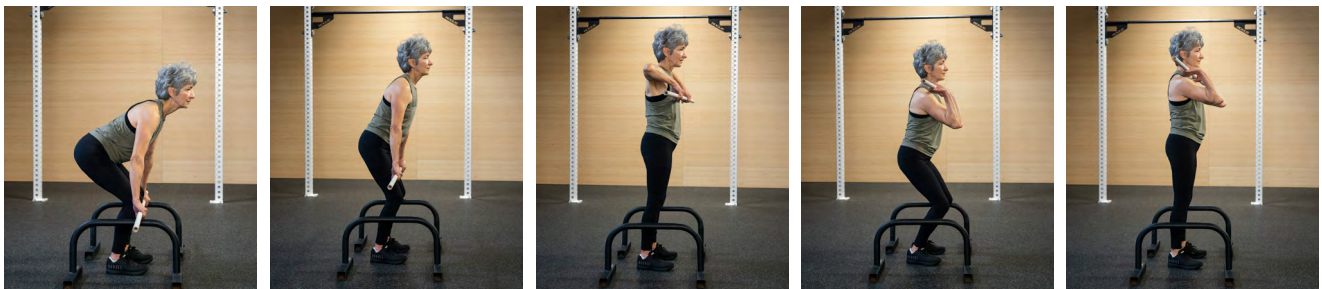
Option 1:

- Lower the weight from the top of the deadlift back down to the floor.
- Keep your heels down and maintain a neutral spine while keeping your eyes on the horizon.
- Keeping your arms straight, quickly extend your hips and legs.
- Then rotate your elbows in front of the bar, receiving the bar on your shoulders with your knees slightly bent.
- Finally, stand up with your hips and legs fully extended.



Option 2 (reduced range of motion):

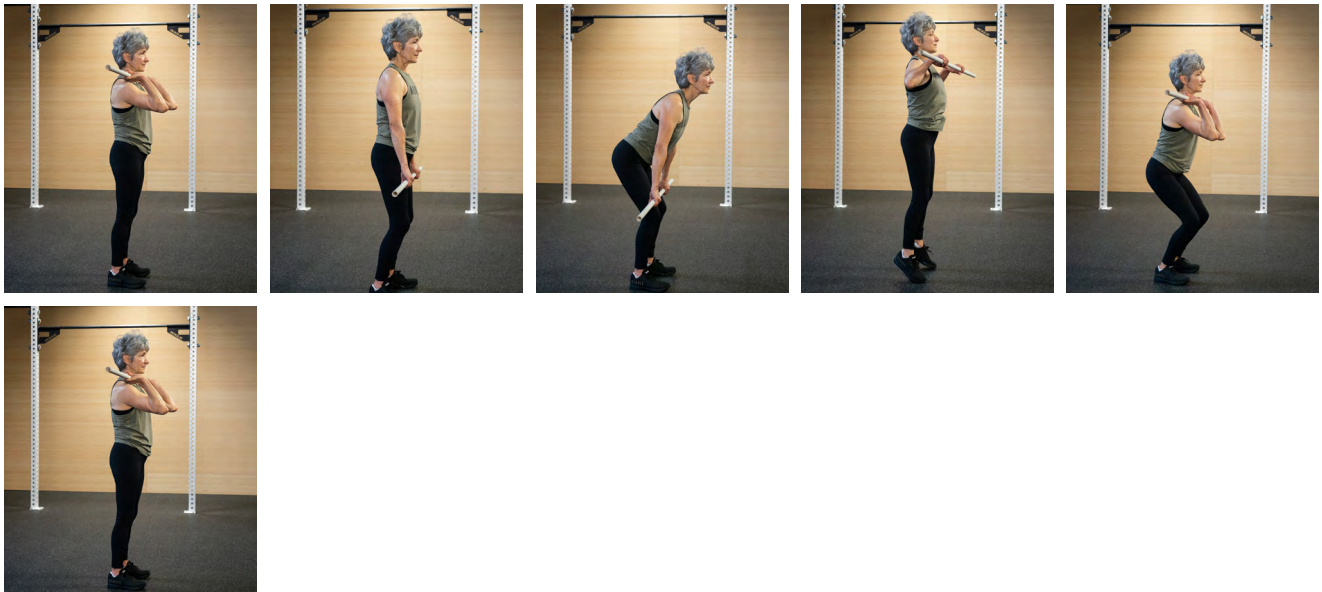
- From the top of the deadlift, lower the weight to the same elevated position you used for the deadlift (i.e., on parallettes).



POINTS OF PERFORMANCE

HANG CLEAN

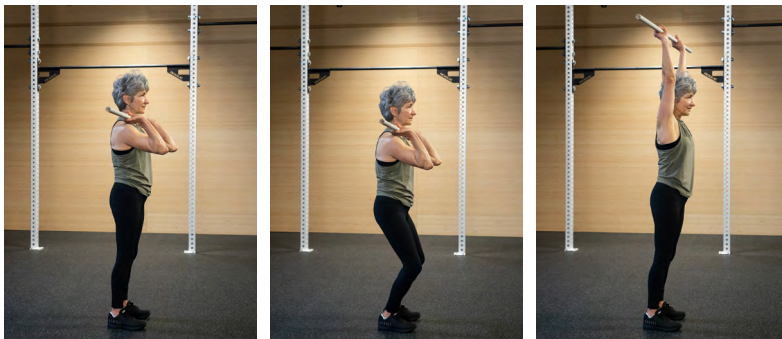
- Lower the weight from the rack position to the hang position just above the knees.
- Keep your heels down and maintain a neutral spine while keeping your eyes on the horizon.
- Keeping your arms straight, quickly extend your hips and legs.
- Then rotate your elbows in front of the bar, receiving the bar on your shoulders with your knees slightly bent.
- Finally, stand up with your hips and legs fully extended.



PUSH PRESS

For a video demonstration of the push press, click [HERE](#).

- Dip straight down.
- Keeping the weight in your heels, rapidly extend your hips and legs.
- Then push the bar overhead until your arms are fully extended, finishing with the bar over the middle of your body.





WORKOUT 21.3 - FOUNDATIONS

For total time:

- 15 air squats
- 30 sit-ups
- 15 thrusters with stick

Rest 1 min.

- 15 air squats
- 30 dumbbell rows, 10 lb. (15 left, 15 right)
- 15 thrusters with stick

Rest 1 min.

- 15 air squats
- 30 push-ups
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21.4 begins immediately upon completing or reaching the time cap for 21.3.

To modify the squat and thruster, complete a sit-to-stand from a chair.

To modify the sit-up, reduce the range of motion and touch the knees.

Instead of a dumbbell, you can use a household object for the dumbbell row.

If you have two dumbbells, you can complete the rows with both hands at the same time.

To modify the push-up, perform from the knees or elevate the hands.

Time cap: 15 min.

15 AIR SQUATS	15	
30 SIT-UPS	45	
15 THRUSTERS	60	
REST 1 MINUTE		TIME
15 AIR SQUATS	75	
30 DUMBBELL ROWS (15 LEFT, 15 RIGHT)	105	
15 THRUSTERS	120	
REST 1 MINUTE		TIME
15 AIR SQUATS	135	
30 PUSH-UPS	165	
15 THRUSTERS	180	

IMMEDIATELY START 21.4

TIME

Time OR Reps at 15 Minutes _____

Tiebreak Time _____

Athlete Name _____

Print

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 - FOUNDATIONS

Time OR Reps at 15 Minutes _____

Tiebreak Time _____

Athlete Name _____

Print

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 - FOUNDATIONS

Complete the complex for load and technique:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 push press

Time begins immediately following the completion of 21.3.

Start with the stick and only add load if technique is sound.

If performing this workout without a coach, err on the side of safety and don't worry about adding load as you go.

Time cap: 7 min.

LOAD (WEIGHT IN LB.)

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

21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	21.4 starts	21.4 ends
10:00	10:00	17:00
13:30	13:30	20:30
14:25	14:25	21:25
15:00	15:00	22:00

Heaviest Load (in pounds) _____

Athlete Name _____ 21.3 Time or Reps (for Tiebreak) _____

Print

Workout Location _____ Judge _____ Has judge passed CrossFit's Online Judges Course? Y / N

Judge Name

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

Affiliate Copy

Athlete Signature

Date

Athlete Copy

WORKOUT 21.4 - FOUNDATIONS

Heaviest Load (in pounds) _____

Athlete Name _____ 21.3 Time or Reps (for Tiebreak) _____

Print

Workout Location _____ Judge _____ Has judge passed CrossFit's Online Judges Course? Y / N

Judge Name

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

Judge Signature

Date



21.3 TO 21.4 TIMING EXAMPLES - FOUNDATIONS

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

15-second intervals are used as a guide in the examples. Use the exact time at which you complete 21.3 and add 7 minutes to determine when 21.4 ends.