



## WORKOUT 21.3 - EQUIPMENT FREE

For total time:

30 air squats

30 V-ups

30 thrusters with a stick or PVC pipe

Rest 1 min.

30 air squats

30 dips

30 thrusters with a stick or PVC pipe

Rest 1 min.

30 air squats

30 handstand push-ups

30 thrusters with a stick or PVC pipe

Rest 2 min. before beginning 21.4.

21.4 begins exactly 2 min. after completing or reaching the time cap for 21.3.

**Time cap: 15 min.**

## NOTES

Prior to starting the workout, athletes must mark a box against the wall for the handstand push-ups (see Movement Standards section).

After the call of "3, 2, 1 ... go," the athlete will complete 30 air squats, 30 V-ups, and 30 thrusters before resting for 1 minute.

After exactly 1 minute of rest, the athlete then will complete 30 air squats, 30 dips, and 30 thrusters before resting for 1 minute.

After exactly 1 minute of rest, the athlete then may complete the final round of 30 air squats, 30 handstand push-ups, and 30 thrusters.

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 5-minute time frame for Open Workout 21.4 begins exactly 2 minutes after the athlete finishes or reaches the time cap for 21.3.

## TIEBREAK

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

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 thrusters.

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.

## VIDEO SUBMISSION STANDARDS

- Film the measurement of the handstand push-up box so the lengths 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

### AIR SQUAT



- Each rep begins and ends with the athlete's hips and knees at full extension.



- The crease of the hip must be clearly below the top of the knees at the bottom.



- The rep is credited when the athlete returns to full extension of the hips and knees.



## MOVEMENT STANDARDS

### V-UP



- The athlete begins each rep with both feet touching the ground and the knees extended.
- The athlete's hands must be touching the floor behind their head.
- The legs must remain together and extended for the duration of the repetition.



- The rep is credited when both hands contact the feet at the same time.
- Any part of the feet below the ankle may make contact with the hands.

### THRUSTER



- The crease of the hip must clearly pass below the top of the knees in the bottom position.



- The rep is credited when the athlete reaches full lockout overhead, with the hips, knees, and arms fully extended, and the stick directly over, or slightly behind, the middle of the body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.



## MOVEMENT STANDARDS

### DIP



- Set up a stable dip station. Test the stability of the setup before the workout begins.
- At the start and finish of each rep, the athlete's arms must be fully extended with feet off the ground.
- Any setup that meets this requirement is acceptable (i.e., the knees can be bent as long as they don't contact the ground).



- At the bottom of the dip, the top of the shoulder must be below the top of the elbow when viewed from profile.



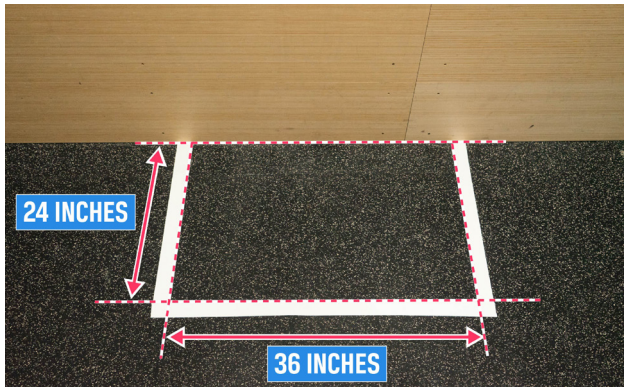
- The rep is credited when the athlete returns to full extension of the arm with both feet clearly off the ground.
- If the athlete touches the ground with any part of their body at any time during the rep, it will not count.



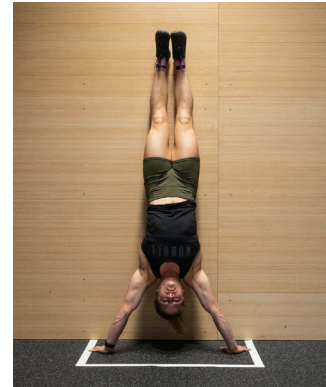


## MOVEMENT STANDARDS

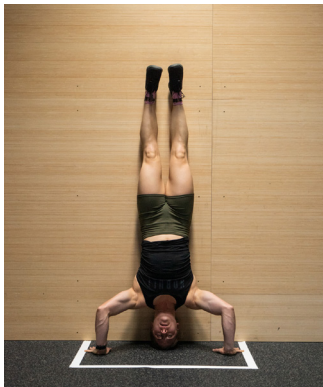
### HANDSTAND PUSH-UP



- Create a box that is 36 inches wide and 24 inches deep.
- During the rep, the athlete's fingers may touch the tape line, but the palm of the hand may not.
- If the athlete's palm touches the line at any point during the repetition, that rep is invalidated and the athlete must begin a new rep starting from the lockout position.



- The athlete begins with arms locked out, heels in contact with the wall, hips open, and body in line with the arms.
- Only the heels may be touching the wall at the start and finish of each rep.
- The rep is credited when the athlete returns to the starting position.



- At the bottom, the athlete's head must make contact with the ground.
- The feet do not need to remain in contact with the wall for the duration of the movement, but heels must touch at the beginning and end of each rep.
- Kipping is allowed.
- The feet must remain inside the width of the 36-inch tape line.

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 movements described in this document or shown in the workout standards video may be disqualified from the competition.

## WORKOUT 21.4 - EQUIPMENT FREE

Starting exactly 2 min. after 21.3, complete the following:

As many rounds and reps as possible in 5 min. of:

20 alternating single-leg squats

20 alternating shoulder taps in a freestanding handstand

### NOTES

The athlete may not begin Open Workout 21.4 until exactly 2 minutes after completing or reaching the time cap for 21.3.

Two minutes after Workout 21.3, the athlete may begin their single-leg squats, alternating after each successful rep. Then the athlete will kick up into a handstand and begin their shoulder taps. They will continue in this fashion until the 5 minutes is complete.

The athlete's score is the total number of reps completed in the 5 minutes.

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

### MOVEMENT STANDARDS

#### SINGLE-LEG SQUAT



- The athlete will begin and end each rep with the hips and knee of the working leg extended.
- The non-working leg must remain in front of the body. It cannot pass behind the profile of the athlete's body at any point during the rep.
- The athlete may hold the non-working leg (i.e., holding the foot is OK).

## 21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	Rest 2 minutes	21.4 starts	21.4 ends
10:00		12:00	17:00
13:30		15:30	20:30
14:25		16:25	21:25
15:00		17:00	22:00

### TIEBREAK

In the event of a tie on the number of repetitions completed, the athletes' 21.3 results will be used to break the tie.

### VIDEO SUBMISSION STANDARDS

- 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.**



- At the bottom, the athlete's hip crease must pass below the top of the knee of the working leg.
- If any part of the athlete's body other than the support foot touches the floor before returning to the finish, the rep will not count.
- Athletes may not rest the non-working leg on the working leg or use the arms to push off any part of the body.

## MOVEMENT STANDARDS

### SINGLE-LEG SQUAT (CONTINUED)



- The rep will be credited when the athlete's hips and knees are extended on the working leg with the non-working foot off the ground.
- Athletes must alternate legs after each successful rep.
- Athletes must complete a successful rep before beginning a rep on the other leg.

### SHOULDER TAP



- The athlete must have both feet off the ground before beginning their shoulder taps.
- No part of the athlete's body may be in contact with a wall or any other means of support.



- The rep will be credited when the athlete touches one hand to any part of the opposite arm above the crease of the elbow.
- If any part of the athlete's body other than the hands touches the ground before the rep is complete, the rep will not count.



- Athletes must alternate sides after each successful tap.

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

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



**WORKOUT 21.3**  
**EQUIPMENT FREE**

For total time:

30 air squats

30 V-ups

30 thrusters with a stick or PVC pipe

Rest 1 min.

30 air squats

30 dips

30 thrusters with a stick or PVC pipe

Rest 1 min.

30 air squats

30 handstand push-ups

30 thrusters with a stick or PVC pipe

Rest 2 min. before beginning 21.4.

21.4 begins exactly 2 min. after completing or reaching the time cap for 21.3.

Time cap: 15 min.

30 AIR SQUATS	30
30 V-UPS	60
30 THRUSTERS	90
REST 1 MIN.	
30 AIR SQUATS	120
30 DIPS	150
30 THRUSTERS	180
REST 1 MIN.	
30 AIR SQUATS	210
30 HANDSTAND PUSH-UPS	240
30 THRUSTERS	270

REST 2 MIN. THEN 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 - EQUIPMENT FREE**

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 - EQUIPMENT FREE**

Starting exactly 2 min. after 21.3, complete the following:

As many rounds and reps as possible in 5 min. of:

20 alternating single-leg squats

20 alternating shoulder taps in a freestanding handstand

**21.3 TO 21.4 TIMING EXAMPLES**

21.3 ends		21.4 starts	21.4 ends
8:00	Rest 2 minutes	10:00	15:00
9:00		11:00	16:00
10:00		12:00	17:00
11:00		13:00	18:00
12:00		14:00	19:00
13:00		15:00	20:00
14:00		16:00	21:00
15:00		17:00	22:00

	20 ALTERNATING SINGLE-LEG SQUATS	20 ALTERNATING SHOULDER TAPS
ROUND 1	20	40
ROUND 2	60	80
ROUND 3	100	120
ROUND 4	140	160
ROUND 5	180	200
ROUND 6	220	240
ROUND 7	260	280
ROUND 8	300	320
ROUND 9	340	360
ROUND 10	380	400

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

Print

**Reps at 5 Minutes** \_\_\_\_\_

**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 - EQUIPMENT FREE**

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

Print

**Reps at 5 Minutes** \_\_\_\_\_

**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 - EQUIPMENT FREE**

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

**REST 2 MINUTES**

15-second intervals are used as a guide in the examples. Use the exact time at which the athlete completes 21.3, add 2 minutes for rest, and then add 5 minutes to determine when 21.4 ends.