



WORKOUT 21.3

ADAPTIVE - UPPER EXTREMITY

For total time:

15 single-dumbbell front squats

30 V-ups

15 single-dumbbell thrusters

Rest 1 min.

15 single-dumbbell front squats

30 jumping pull-ups

15 single-dumbbell thrusters

Rest 1 min.

15 single-dumbbell front squats

30 jumping chest-to-bar pull-ups

15 single-dumbbell thrusters

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

♀ 20-lb. dumbbell

♂ 35-lb. dumbbell

Time cap: 15 min.

NOTES

This workout begins with the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will perform 15 single-dumbbell front squats, then 30 V-ups, then 15 single-dumbbell thrusters before resting for 1 minute.

After 1 minute of rest, the athlete will perform 15 single-dumbbell front squats, then 30 jumping pull-ups, then 15 single-dumbbell thrusters before resting for 1 minute again.

After 1 minute of rest, the athlete may perform 15 single-dumbbell front squats, then 30 jumping chest-to-bar pull-ups, then 15 single-dumbbell thrusters.

Only one dumbbell may be used, and the athlete may **NOT** receive assistance moving or resetting their dumbbell.

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.

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.

EQUIPMENT

- Dumbbell*
- Boxes or plates to stack for jumping pull-ups (if needed)
- Pull-up bar

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.) and 10 kg (20 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 measurement for the pull-up bar and dumbbell so the requirements 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

FRONT SQUAT



- Each set of front squats must begin with the dumbbell on the ground.
- The crease of the athlete's hip must be clearly below the top of the knees at the bottom.
- The dumbbell must remain in the front-rack position. The hands **MUST** remain on the dumbbell. Athletes may use both arms to hold the dumbbell in front of the shoulders, similar to a goblet squat position.
- A full squat clean is permitted but not required to start the movement.



- The rep is credited when the athlete's hips and knees reach full extension while the dumbbell is supported in the front-rack position.
- Athletes may **NOT** receive assistance moving or resetting their dumbbell.

V-UP



- The athlete begins each rep with both feet touching the ground and the knees extended.
- The athlete's hand(s) 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 the athlete's hand, or both hands, make contact with the feet.
- The hand(s) may make contact with any part of the feet below the ankle.



MOVEMENT STANDARDS

THRUSTER



- Each set of thrusters begins with the dumbbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed when the dumbbell is taken from the floor.
- Athletes must use the same arm throughout the workout and may not alternate.



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

JUMPING CHIN-OVER-BAR PULL-UP



- The pull-up bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.



- At the start of each rep, the athlete's arm must be fully extended.
- Athletes may only use one arm (one point of contact) on the pull-up bar.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Athletes must use the same arm throughout the workout and may not alternate.



MOVEMENT STANDARDS

JUMPING CHIN-OVER-BAR PULL-UP (CONTINUED)



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar and wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

JUMPING CHEST-TO-BAR PULL-UP



- At the start of each rep, the athlete's arm must be fully extended.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Athletes must use the same arm throughout the workout and may not alternate.



- 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 and wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.



WORKOUT 21.4

ADAPTIVE - UPPER EXTREMITY

Complete the following for max load:

4-rep-max back squat

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 all four reps of the back squat before reracking the barbell.

There is no limit to the number of attempts an athlete can make within the 7-minute time period. Any successful attempt where the athlete has the bar on their back (i.e., bar is off the ground or out of the squat rack) prior to the 7-minute time cap will count.

Only one barbell may be used for 21.4. The athlete may have assistance changing the load and reracking the bar on missed attempts. Athletes may preload a barbell in preparation for 21.4.

The athlete's score **MUST** be recorded in pounds. The minimum weight increment allowed is 1 pound. 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
- Rack

* 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

BACK SQUAT



- The barbell may be taken from and returned to a rack.
- Collars must be placed outside the plates.



- The rep begins with the athlete's knees and hips extended and the barbell on their back.



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



- Each rep is credited when the athlete returns to a position with their knees and hips extended and the barbell on their back.
- For a set to count, athletes must meet the movement standards for all four reps.



WORKOUT 21.3

ADAPTIVE - UPPER EXTREMITY

For total time:

15 single-dumbbell front squats

30 V-ups

15 single-dumbbell thrusters

Rest 1 min.

15 single-dumbbell front squats

30 jumping pull-ups

15 single-dumbbell thrusters

Rest 1 min.

15 single-dumbbell front squats

30 jumping chest-to-bar pull-ups

15 single-dumbbell thrusters

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

♀ 20-lb. dumbbell

♂ 35-lb. dumbbell

Time cap: 15 min.

15 SINGLE-DUMBBELL FRONT SQUATS	15	
30 V-UPS	45	
15 SINGLE-DUMBBELL THRUSTERS	60	
REST 1 MINUTE		TIME
15 SINGLE-DUMBBELL FRONT SQUATS	75	
30 JUMPING PULL-UPS	105	
15 SINGLE-DUMBBELL THRUSTERS	120	
REST 1 MINUTE		TIME
15 SINGLE-DUMBBELL FRONT SQUATS	135	
30 JUMPING CHEST-TO-BAR PULL-UPS	165	
15 SINGLE-DUMBBELL THRUSTERS	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 - UPPER EXTREMITY

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 - UPPER EXTREMITY

Complete the following for max load:

4-rep-max back squat

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 - UPPER EXTREMITY

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
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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.