



WORKOUT 21.3

ADAPTIVE - SEATED WITH HIP FUNCTION

For total time:

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

Rest 1 min.

- 15 dips
- 30 pull-ups (full hang out of chair)
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 dips
- 30 ring muscle-ups
- 15 DB shoulder-to-overheads

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

♀ *Two 20-lb. dumbbells, 10-lb. medicine ball*

♂ *Two 35-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.

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 ring muscle-ups, and 15 presses.

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

Athletes may perform the presses in or out of their wheelchair.

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
- Rings
- Safety mat (not required but highly encouraged)

* 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.). 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 pull-up bar, rings, dumbbells, and medicine ball 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



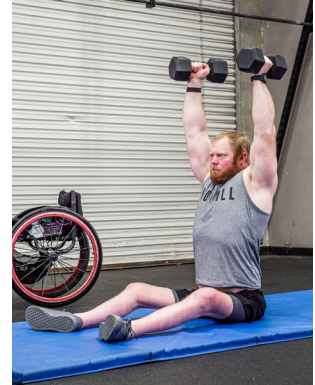
- Each rep of the sit-up begins with the athlete's back in contact with the floor, their feet on the ground, and the medicine ball touching the floor above their head.
- Athletes may anchor their feet with dumbbells, or similar equipment, or have an assistant hold their feet.



- 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.

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, but taping the bar **AND** wearing hand protection is not.
- If the athlete's buttocks touches the ground, that is a no rep.



MOVEMENT STANDARDS

RING MUSCLE-UP



- The athlete must start each rep sitting tall with shoulders vertically over the hips and with the arms fully extended. The feet may be on the ground in front of the body.



- The athlete must pass through some portion of the dip.
- Kipping the muscle-up is acceptable, but swings, rolls to support, and **using the legs to stand are not permitted.**
- If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.



- The rep is credited when the elbows are fully locked out while in the support position above the rings.
- An assistant may manipulate the athlete's legs to a safe position when returning the ground, but may not apply any lifting assistance.



WORKOUT 21.4

ADAPTIVE - SEATED WITH HIP FUNCTION

Complete the following complex for max load:

- 1 deadlift
- 1 lap clean
- 2 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 deadlift, then one lap clean, and finally two 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 ground before the 7-minute time cap will count.

Only one barbell may be used for 21.4. Athletes are permitted to receive any assistance changing the load on the bar.

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
- Lap mat or similar pad is recommended for safety

* 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.

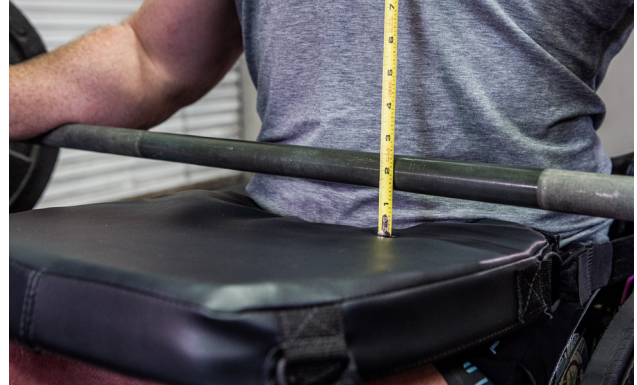
VIDEO SUBMISSION STANDARDS

- 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

INITIAL SETUP



- If using a platform setup for the lap clean (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.

DEADLIFT



- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees.



- The rep is credited when the barbell is resting on the athlete's lap with the shoulders behind the bar.

MOVEMENT STANDARDS

LAP CLEAN



- 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 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.

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 lower 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.



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Rest 1 min.

- 15 dips
- 30 pull-ups (full hang out of chair)
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 dips
- 30 ring muscle-ups
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21.4 begins immediately upon completing or reaching the time cap for 21.3.

♀ Two 20-lb. dumbbells, 10-lb. medicine ball

♂ Two 35-lb. dumbbells, 10-lb. medicine ball

Time cap: 15 min.

15 DIPS	15	
30 MED-BALL SIT-UPS	45	
15 DUMBBELL SHOULDER-TO-OVERHEADS	60	
REST 1 MINUTE		TIME
15 DIPS	75	
30 PULL-UPS	105	
15 DUMBBELL SHOULDER-TO-OVERHEADS	120	
REST 1 MINUTE		TIME
15 DIPS	135	
30 RING MUSCLE-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 _____ 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 21.3 - ADAPTIVE - SEATED WITH HIP FUNCTION

Time OR Reps at 15 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

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



WORKOUT 21.4

ADAPTIVE - SEATED WITH HIP FUNCTION

Complete the following complex for max load:

- 1 deadlift
- 1 lap clean
- 2 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 WITH 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
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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.