



WORKOUT 21.3

ADAPTIVE - NEUROMUSCULAR

For total time:

15 single-DB front squats

30 sit-ups

15 single-DB thrusters

Rest 1 min.

15 single-DB front squats

30 jumping pull-ups

15 single-DB thrusters

Rest 1 min.

15 single-DB front squats

30 pull-ups

15 single-DB 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 front squats, then move to the ground for 30 sit-ups, then back to the dumbbell for 15 thrusters before resting for 1 minute.

After 1 minute of rest, the athlete will complete 15 front squats, then move to the pull-up bar to complete 30 jumping pull-ups, and back to the dumbbell to complete 15 thrusters before resting for 1 minute.

After 1 minute of rest, the athlete may then move to the final round of 15 front squats, 30 pull-ups, and 15 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.

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

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 pull-up bar measurement and dumbbell load so they 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 athlete's hip crease must be clearly below the top of the knees at the bottom.
- The dumbbell must remain in the front-rack position.
- A goblet-style squat is permitted.
- 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.

SIT-UP



- Each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent with their feet on the ground, and their hands touching the floor above their head.



- The rep is credited when the athlete has raised their torso so their chest is upright, shoulders over the hips, and their hands touch their feet or the dumbbells.
- AbMats are permitted.
- Athletes may anchor their feet with dumbbells or have an assistant hold their feet.



MOVEMENT STANDARDS

THRUSTER



- Each set of thrusters begins with the dumbbell on the ground.
- Only one arm may be used at a time, but athletes may alternate at will.
- The athlete's hip crease must be clearly below the top of the knees at the bottom.
- A full squat clean into the thruster is allowed when the dumbbell is taken from the floor.



- The rep is credited when the athlete reaches full lockout with the dumbbell overhead. The athlete's hips, knees, and lifting 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.

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 arms must be fully extended.
- Any style of pull-up or grip is permitted as long as the requirements are met.



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 or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

CHIN-OVER-BAR PULL-UP



- The athlete must start each rep with arms fully extended and feet off the ground.
- 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.



WORKOUT 21.4

ADAPTIVE - NEUROMUSCULAR

Complete the following complex for max load:

- 1 deadlift
- 2 hang cleans
- 1 shoulder-to-overhead

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 two hang cleans, and finally one shoulder-to-overhead. 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. The athlete may receive assistance changing the load on their bar. Athletes may preload their 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

* 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

DEADLIFT



- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.
- Arms must be straight throughout.



- The rep is credited when the athlete's hips and knees reach full extension and the athlete's head and shoulders are behind the bar.

HANG CLEAN



- From the deadlift, the barbell is lowered to the hang position.
- The bar may not pass below the knee in the hang.
- Hang power cleans, hang squat cleans, and hang split cleans are permitted.
- If the knee touches the floor during the attempt, the rep will not count.



- The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.



MOVEMENT STANDARDS

SHOULDER-TO-OVERHEAD



- Following the second hang clean, the barbell must be in contact with the shoulders to begin the shoulder-to-overhead.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.



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



WORKOUT 21.3

ADAPTIVE - NEUROMUSCULAR

For total time:

15 single-DB front squats

30 sit-ups

15 single-DB thrusters

Rest 1 min.

15 single-DB front squats

30 jumping pull-ups

15 single-DB thrusters

Rest 1 min.

15 single-DB front squats

30 pull-ups

15 single-DB 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-DB FRONT SQUATS	15	
30 SIT-UPS	45	
15 SINGLE-DB THRUSTERS	60	
REST 1 MINUTE		
15 SINGLE-DB FRONT SQUATS	75	TIME
30 JUMPING PULL-UPS	105	
15 SINGLE-DB THRUSTERS	120	
REST 1 MINUTE		
15 SINGLE-DB FRONT SQUATS	135	TIME
30 PULL-UPS	165	
15 SINGLE-DB 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 - NEUROMUSCULAR

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 - NEUROMUSCULAR

Complete the following complex for max load:

- 1 deadlift
- 2 hang cleans
- 1 shoulder-to-overhead

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 - NEUROMUSCULAR

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.