



WORKOUT 21.3

ADAPTIVE - LOWER EXTREMITY

For total time:

15 deadlifts

30 sit-ups

15 DB push presses

Rest 1 min.

15 deadlifts

30 chest-to-bar pull-ups

15 DB push presses

Rest 1 min.

15 deadlifts

30 bar muscle-ups

15 DB push presses

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

♀ *Below-the-knee impairments: 105-lb. barbell, two 25-lb. dumbbells*

♀ *Above-the-knee impairments: 75-lb. barbell, two 25-lb. dumbbells*

♂ *Below-the-knee impairments: 155-lb. barbell, two 35-lb. dumbbells*

♂ *Above-the-knee impairments: 115-lb. barbell, two 35-lb. dumbbells*

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 deadlifts, then 30 sit-ups, then 15 push presses before resting for 1 minute.

After 1 minute of rest, the athlete will complete 15 deadlifts, then 30 chest-to-bar pull-ups, then 15 push presses before resting for 1 minute again.

After 1 minute of rest, the athlete may then move forward to the final round of 15 deadlifts, 30 bar muscle-ups, and 15 push presses.

The athlete may receive assistance moving or resetting their barbell.

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.

Two different barbells may be used for 21.3 and 21.4. Athletes may receive assistance changing the load on the bar.

Above-the-knee weights are prescribed for athletes in the LE1 and LE2 sport classes. Below-the-knee weights are prescribed for athletes in the LE3, LE4, and LE5 sport classes. Please reference the [Adaptive Athlete Policy](#) for guidance.

TIEBREAK

Record the time at the end of each set of push 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 push 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

- Barbell
- Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weight for the athlete's division*
- Collars to secure the plates on the barbell
- Pull-up bar
- Dumbbells*

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlifts are 70 kg (155 lb.), 52 kg (115 lb.), 47 kg (105 lb.), and 34 kg (75 lb.). The minimum acceptable weights for the dumbbells are 15 kg (35 lb.) and 11 kg (25 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, plates, barbell, and dumbbells 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

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. No bouncing.



- 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.



MOVEMENT STANDARDS

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.

DUMBBELL PUSH PRESS



- Each rep of the push press begins with the dumbbells on the athlete's shoulders, with knees and hips extended.
- Once the dumbbells leave the shoulders, the hips and knees must remain straight until the weight is locked out overhead. Jerks are not permitted.





MOVEMENT STANDARDS

DUMBBELL PUSH PRESS (CONTINUED)



- The rep is credited when the athlete reaches full lockout with both dumbbells overhead. The athlete's hips, knees, and arms must be fully extended, and the dumbbells 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 dip. A jerk is not allowed.
- Athletes may **NOT** receive assistance moving or resetting their dumbbells.

CHEST-TO-BAR PULL-UP



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



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



MOVEMENT STANDARDS

BAR MUSCLE-UP



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



- The rep is credited when the athlete's arms are fully locked out in the support position above the bar, with shoulders over or slightly in front of the bar.
- The athlete must pass through some portion of a dip before locking out over the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands and resting in the support position is not allowed.



WORKOUT 21.4

ADAPTIVE - LOWER EXTREMITY

Complete the following complex for max load:

- 1 deadlift
- 2 hang power cleans
- 1 push press*

**jerk not permitted*

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, two hang power cleans, and finally one push press. 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.

The same barbell must be used for 21.3 and 21.4. The athlete may receive assistance to change the load on their bar.

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

* 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 POWER CLEAN



- From the deadlift, the athlete may lower the barbell to the hang position.
- The bar may not pass below the knee in the hang.
- Hang power cleans and hang split cleans are permitted. No squat variation is 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.
- The second hang power clean begins when the bar is lowered from the rack position.



MOVEMENT STANDARDS

PUSH PRESS



- Following the second hang power clean, the barbell must be in contact with the shoulders before the athlete begins the push press.
- A press or push press is permitted as long as the required finish position is achieved.
- No jerk of any kind is permitted.



- 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 push press and brings the barbell back to the rack position, the athlete may **NOT** reattempt the push press.



WORKOUT 21.3

ADAPTIVE - LOWER EXTREMITY

For total time:

- 15 deadlifts
- 30 sit-ups
- 15 DB push presses

Rest 1 min.

- 15 deadlifts
- 30 chest-to-bar pull-ups
- 15 DB push presses

Rest 1 min.

- 15 deadlifts
- 30 bar muscle-ups
- 15 DB push presses

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

♀ *Below-the-knee impairments: 105-lb. barbell, two 25-lb. dumbbells*

♀ *Above-the-knee impairments: 75-lb. barbell, two 25-lb. dumbbells*

♂ *Below-the-knee impairments: 155-lb. barbell, two 35-lb. dumbbells*

♂ *Above-the-knee impairments: 115-lb. barbell, two 35-lb. dumbbells*

Time cap: 15 min.

15 DEADLIFTS	15
30 SIT-UPS	45
15 DB PUSH PRESSES	60
REST 1 MINUTE	
15 DEADLIFTS	75
30 CHEST-TO-BAR PULL-UPS	105
15 DB PUSH PRESSES	120
REST 1 MINUTE	
15 DEADLIFTS	135
30 BAR MUSCLE-UPS	165
15 DB PUSH PRESSES	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 - LOWER 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 - LOWER EXTREMITY

Complete the following complex for max load:

- 1 deadlift
- 2 hang power cleans
- 1 push press*

**jerk not permitted*

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 - LOWER 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
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.