



## WORKOUT 21.3

### ADAPTIVE - INTELLECTUAL

For total time:

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

Rest 1 min.

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

Rest 1 min.

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

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

♀ *Two 15-lb. dumbbells*

♂ *Two 25-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 front squats, then move to the ground to perform 30 sit-ups, then back to the dumbbells for 15 thrusters before resting for 1 minute.

After 1 minute of rest, the athlete will perform the same set of work before resting for another minute.

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

- Dumbbells\*

\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 11 kg (25 lb.) and 7.5 kg (15 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 dumbbells 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

### FRONT SQUAT



- Each set of front squats must begin with the dumbbells on the ground.
- The athlete's hip crease must be clearly below the top of the knees at the bottom.
- The dumbbells must remain in the front-rack 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 dumbbells are supported in the front-rack position.
- Athletes may receive assistance resetting the dumbbells if there is a potential safety hazard.

### 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 dumbbells on the ground.
- The athlete's hip crease must be clearly below the top of the athlete's knees at the bottom.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.



- The rep is credited when the athlete reaches full lockout with the 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 squat. A front squat followed by a jerk is not allowed.
- Athletes may receive assistance moving or resetting their dumbbells.



## WORKOUT 21.4

### ADAPTIVE - INTELLECTUAL

Complete the following for max load:

4-rep-max deadlift

*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, working to complete a 4-rep-max deadlift. The repetitions 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 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 on their bar. 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

\* 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. No bouncing.
- Athletes may **NOT** release their hands from the bar or rest between the four repetitions.



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



## WORKOUT 21.3

### ADAPTIVE - INTELLECTUAL

For total time:

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

Rest 1 min.

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

Rest 1 min.

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

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

♀ Two 15-lb. dumbbells

♂ Two 25-lb. dumbbells

Time cap: 15 min.

15 DUMBBELL FRONT SQUATS	15	
30 SIT-UPS	45	
15 DUMBBELL THRUSTERS	60	
REST 1 MINUTE		TIME
15 DUMBBELL FRONT SQUATS	75	
30 SIT-UPS	105	
15 DUMBBELL THRUSTERS	120	
REST 1 MINUTE		TIME
15 DUMBBELL FRONT SQUATS	135	
30 SIT-UPS	165	
15 DUMBBELL THRUSTERS	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 - INTELLECTUAL

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 - INTELLECTUAL

Complete the following for max load:

4-rep-max deadlift

*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 - INTELLECTUAL

**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.