



## WORKOUT 21.3

For total time:

15 front squats

30 toes-to-bars

15 thrusters

Rest 1 min.

15 front squats

30 chest-to-bar pull-ups

15 thrusters

Rest 1 min.

15 front squats

30 bar muscle-ups

15 thrusters

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

♀ 65 lb.

♂ 95 lb.

Time cap: 15 min.

15 FRONT SQUATS	15	
30 TOES-TO-BARS	45	
15 THRUSTERS	60	
REST 1 MINUTE		TIME
15 FRONT SQUATS	75	
30 CHEST-TO-BAR PULL-UPS	105	
15 THRUSTERS	120	
REST 1 MINUTE		TIME
15 FRONT SQUATS	135	
30 BAR MUSCLE-UPS	165	
15 THRUSTERS	180	

IMMEDIATELY START 21.4

TIME

## WORKOUT VARIATIONS

### Rx'd (Ages 16-54)

♀ 65 lb.

♂ 95 lb.

### Scaled (Ages 16-54)

♀ 45 lb., \*perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 65 lb., \*perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

### Teenagers 14-15

♀ 45 lb.

♂ 65 lb.

### Scaled Teenagers 14-15

♀ 35 lb., \*perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 45 lb., \*perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

### Masters 55+

♀ 45 lb., \*perform toes-to-bars, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 65 lb., \*perform toes-to-bars, then chin-over-bar pull-ups, then chest-to-bar pull-ups

### Scaled Masters 55+

♀ 35 lb., \*perform sit-ups, then jumping pull-ups, then chin-over-bar pull-ups

♂ 45 lb., \*perform sit-ups, then jumping pull-ups, then chin-over-bar pull-ups

Time OR Reps at 15 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_

Print

Tiebreak Time \_\_\_\_\_

☐

Rx'd

☐

Scaled

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

Time OR Reps at 15 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_

Print

Tiebreak Time \_\_\_\_\_

☐

Rx'd

☐

Scaled

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

Complete the following complex for max load:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 jerk

*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

**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



## WORKOUT 21.3 - FOUNDATIONS

For total time:

- 15 air squats
- 30 sit-ups
- 15 thrusters with stick

Rest 1 min.

- 15 air squats
- 30 dumbbell rows, 10 lb. (15 left, 15 right)
- 15 thrusters with stick

Rest 1 min.

- 15 air squats
- 30 push-ups
- 15 thrusters with stick

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

*To modify the squat and thruster, complete a sit-to-stand from a chair.*

*To modify the sit-up, reduce the range of motion and touch the knees.*

*Instead of a dumbbell, you can use a household object for the dumbbell row.*

*If you have two dumbbells, you can complete the rows with both hands at the same time.*

*To modify the push-up, perform from the knees or elevate the hands.*

**Time cap: 15 min.**

<b>15 AIR SQUATS</b>	15	
<b>30 SIT-UPS</b>	45	
<b>15 THRUSTERS</b>	60	
REST 1 MINUTE		TIME
<b>15 AIR SQUATS</b>	75	
<b>30 DUMBBELL ROWS (15 LEFT, 15 RIGHT)</b>	105	
<b>15 THRUSTERS</b>	120	
REST 1 MINUTE		TIME
<b>15 AIR SQUATS</b>	135	
<b>30 PUSH-UPS</b>	165	
<b>15 THRUSTERS</b>	180	

IMMEDIATELY START 21.4

TIME

**Time OR Reps at 15 Minutes** \_\_\_\_\_

**Tiebreak Time** \_\_\_\_\_

**Athlete Name** \_\_\_\_\_  
Print

**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 - FOUNDATIONS

**Time OR Reps at 15 Minutes** \_\_\_\_\_

**Tiebreak Time** \_\_\_\_\_

**Athlete Name** \_\_\_\_\_  
Print

**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 - FOUNDATIONS

Complete the complex for load and technique:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 push press

*Time begins immediately following the completion of 21.3.*

*Start with the stick and only add load if technique is sound.*

*If performing this workout without a coach, err on the side of safety and don't worry about adding load as you go.*

Time cap: 7 min.

### LOAD (WEIGHT IN LB.)

	LOAD (WEIGHT IN LB.)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	
ATTEMPT 9	
ATTEMPT 10	

## 21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	21.4 starts	21.4 ends
10:00	10:00	17:00
13:30	13:30	20:30
14:25	14:25	21:25
15:00	15:00	22:00

Heaviest Load (in pounds) \_\_\_\_\_

Athlete Name \_\_\_\_\_ 21.3 Time or Reps (for Tiebreak) \_\_\_\_\_

Print

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 21.4 - FOUNDATIONS

Heaviest Load (in pounds) \_\_\_\_\_

Athlete Name \_\_\_\_\_ 21.3 Time or Reps (for Tiebreak) \_\_\_\_\_

Print

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 21.3**  
**EQUIPMENT FREE**

For total time:

30 air squats

30 V-ups

30 thrusters with a stick or PVC pipe

Rest 1 min.

30 air squats

30 dips

30 thrusters with a stick or PVC pipe

Rest 1 min.

30 air squats

30 handstand push-ups

30 thrusters with a stick or PVC pipe

Rest 2 min. before beginning 21.4.

21.4 begins exactly 2 min. after completing or reaching the time cap for 21.3.

Time cap: 15 min.

30 AIR SQUATS	30	
30 V-UPS	60	
30 THRUSTERS	90	
REST 1 MIN.		TIME
30 AIR SQUATS	120	
30 DIPS	150	
30 THRUSTERS	180	
REST 1 MIN.		TIME
30 AIR SQUATS	210	
30 HANDSTAND PUSH-UPS	240	
30 THRUSTERS	270	
REST 2 MIN. THEN 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

Affiliate Copy

Athlete Copy

**WORKOUT 21.3 - EQUIPMENT FREE**

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 - EQUIPMENT FREE**

Starting exactly 2 min. after 21.3, complete the following:

As many rounds and reps as possible in 5 min. of:

20 alternating single-leg squats

20 alternating shoulder taps in a freestanding handstand

**21.3 TO 21.4 TIMING EXAMPLES**

21.3 ends		21.4 starts	21.4 ends
8:00	Rest 2 minutes	10:00	15:00
9:00		11:00	16:00
10:00		12:00	17:00
11:00		13:00	18:00
12:00		14:00	19:00
13:00		15:00	20:00
14:00		16:00	21:00
15:00		17:00	22:00

	20 ALTERNATING SINGLE-LEG SQUATS	20 ALTERNATING SHOULDER TAPS
ROUND 1	20	40
ROUND 2	60	80
ROUND 3	100	120
ROUND 4	140	160
ROUND 5	180	200
ROUND 6	220	240
ROUND 7	260	280
ROUND 8	300	320
ROUND 9	340	360
ROUND 10	380	400

**Athlete Name** \_\_\_\_\_

Print

**Reps at 5 Minutes** \_\_\_\_\_

**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 - EQUIPMENT FREE**

**Athlete Name** \_\_\_\_\_

Print

**Reps at 5 Minutes** \_\_\_\_\_

**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



## 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 \_\_\_\_\_ 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 - UPPER EXTREMITY

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 - 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





## 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** \_\_\_\_\_  
Judge Name

**21.3 Time or Reps (for Tiebreak)** \_\_\_\_\_  
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** \_\_\_\_\_  
Judge Name

**21.3 Time or Reps (for Tiebreak)** \_\_\_\_\_  
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 21.3

### 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		TIME
15 SINGLE-DB FRONT SQUATS	75	
30 JUMPING PULL-UPS	105	
15 SINGLE-DB THRUSTERS	120	
REST 1 MINUTE		TIME
15 SINGLE-DB FRONT SQUATS	135	
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



## WORKOUT 21.3

### ADAPTIVE - VISUAL IMPAIRMENT

For total time:

15 front squats

30 toes-to-bars

15 thrusters

Rest 1 min.

15 front squats

30 pull-ups

15 thrusters

Rest 1 min.

15 front squats

30 chest-to-bar pull-ups

15 thrusters

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

♀ 65 lb.

♂ 95 lb.

Time cap: 15 min.

15 FRONT SQUATS	15
30 TOES-TO-BARS	45
15 THRUSTERS	60
REST 1 MINUTE	
15 FRONT SQUATS	75
30 PULL-UPS	105
15 THRUSTERS	120
REST 1 MINUTE	
15 FRONT SQUATS	135
30 CHEST-TO-BAR PULL-UPS	165
15 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 - VISUAL IMPAIRMENT

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 - VISUAL IMPAIRMENT

Complete the following complex for max load:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 jerk

*Time begins immediately following the completion of 21.3.*

**Time cap: 7 min.**

	LOAD (WEIGHT IN LB.)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	
ATTEMPT 9	
ATTEMPT 10	

### 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

**Athlete Name** \_\_\_\_\_  
Print

**Heaviest Load (in Pounds)** \_\_\_\_\_

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

**21.3 Time or Reps (for Tiebreak)** \_\_\_\_\_  
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 - VISUAL IMPAIRMENT

**Athlete Name** \_\_\_\_\_  
Print

**Heaviest Load (in Pounds)** \_\_\_\_\_

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

**21.3 Time or Reps (for Tiebreak)** \_\_\_\_\_  
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 21.3

### ADAPTIVE - SHORT STATURE

For total time:

15 dumbbell front squats

30 sit-ups

15 dumbbell thrusters

Rest 1 min.

15 dumbbell front squats

30 pull-ups

15 dumbbell thrusters

Rest 1 min.

15 dumbbell front squats

30 chest-to-bar pull-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 PULL-UPS	105	
15 DUMBBELL THRUSTERS	120	
REST 1 MINUTE		TIME
15 DUMBBELL FRONT SQUATS	135	
30 CHEST-TO-BAR PULL-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 \_\_\_\_\_  
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 - SHORT STATURE

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 - SHORT STATURE

Complete the following complex for max load:

- 1 deadlift
- 1 clean
- 2 hang cleans

*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 - SHORT STATURE

**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





**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.

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



## WORKOUT 21.3

### ADAPTIVE - SEATED W/O HIP FUNCTION

For total time:

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

Rest 1 min.

- 15 box dips
- 30 pull-ups
- 15 DB shoulder-to-overheads

Rest 1 min.

- 15 box dips
- 30 chest-to-bar pull-ups
- 15 DB shoulder-to-overheads

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

♀ Two 15-lb. dumbbells, 10-lb. medicine ball

♂ Two 25-lb. dumbbells, 10-lb. medicine ball

Time cap: 15 min.

15 BOX DIPS	15	
30 MED-BALL SIT-UPS	45	
15 DUMBBELL SHOULDER-TO-OVERHEADS	60	
REST 1 MINUTE		TIME
15 BOX DIPS	75	
30 PULL-UPS	105	
15 DUMBBELL SHOULDER-TO-OVERHEADS	120	
REST 1 MINUTE		TIME
15 BOX DIPS	135	
30 CHEST-TO-BAR PULL-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 \_\_\_\_\_

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 - SEATED W/O HIP FUNCTION

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 - SEATED W/O HIP FUNCTION

Complete the following complex for max load:

1 lap clean

3 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 W/O 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



## 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 \_\_\_\_\_

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 - INTELLECTUAL

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 - 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