

OPEN WEEK 3 SCORECARD (RX'D AND SCALED)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



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 FRONT SQUATS 30 TOES-TO-BARS 15 THRUSTERS RE 15 FRONT SQUATS	15 45 60 EST 1 MINUTE 75	TIME
15 thrusters Rest 1 min.		30 CHEST-TO-BAR PULL-UP	PS 105	-
15 front squats 30 bar muscle-ups 15 thrusters		15 THRUSTERS	120	
		RE	EST 1 MINUTE	TIME
Workout 21.4 begins immedia completing or reaching the tin		15 FRONT SQUATS	135	
♀ 65 lb. ♂ 95 lb.		30 BAR MUSCLE-UPS	165	
Time cap: 15 min.		15 THRUSTERS	180	
WORKOUT VARIATIONS Rx'd (Ages 16-54)	Teenagers		Masters 55+	TIME
	♀ 45 lb. ♂ 65 lb. Scaled Tee hen chin- II-ups hen chin- 分 45 lb., *pe	14-15 enagers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups	 Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pull-ups, then chest-to-bars, the bar pull-ups, then chest-to-bar pull-ups, then chest-to-bar pull-ups Scaled Masters 55+ 35 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups	n chin-over- ill-ups n chin-over- ill-ups ping pull-ups,
 Rx'd (Ages 16-54) G5 lb. G5 lb. G5 lb. G5 lb. Scaled (Ages 16-54) 45 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull G5 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull 	♀ 45 lb. ♂ 65 lb. Scaled Tee hen chin- II-ups hen chin- 分 45 lb., *pe	14-15 enagers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups	 Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pull-ups, then chest-to-bar pull-ups, then chest-to-bar pull-ups, then chest-to-bar pull-ups Scaled Masters 55+ 	n chin-over- ill-ups n chin-over- ill-ups ping pull-ups,
 Rx'd (Ages 16-54) G5 lb. 95 lb. Scaled (Ages 16-54) 45 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull 65 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull 	♀ 45 lb. ♂ 65 lb. Scaled Tee hen chin- II-ups hen chin- 分 45 lb., *pe	14-15 enagers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ 435 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 50R Reps at 15 Minutes Tiebreak Time	n chin-over- ıll-ups n chin-over- ıll-ups ping pull-ups, ping pull-ups,
Rx'd (Ages 16-54) G 5 lb. Scaled (Ages 16-54) 45 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pulled 65 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pulled Athlete Name	 ♀ 45 lb. ♂ 65 lb. Scaled Tee ♀ 35 lb., *pe over-bar p ♂ 45 lb., *pe over-bar p 	14-15 enagers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ 435 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 50 A Reps at 15 Minutes Tiebreak Time Rx'd	n chin-over- ill-ups n chin-over- ill-ups ping pull-ups, ping pull-ups,
 Rx'd (Ages 16-54) G5 lb. G5 lb. G5 lb. G5 lb. Scaled (Ages 16-54) 45 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull G5 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull 	 ♀ 45 lb. ♂ 65 lb. Scaled Tee ♀ 35 lb., *pe over-bar p ♂ 45 lb., *pe over-bar p 	14-15 enagers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ 4 35 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups COR Reps at 15 Minutes Tiebreak Time Rx'd Has judge passed Co	n chin-over- II-ups n chin-over- II-ups ping pull-ups, ping pull-ups, Caled rossFit's
Rx'd (Ages 16-54) G 5 lb. Scaled (Ages 16-54) 45 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pulled 65 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pulled Athlete Name	♀ 45 lb. ♂ 65 lb. Scaled Tee hen chin- II-ups hen chin- ↓ 35 lb., *pe over-bar p ♂ 45 lb., *pe over-bar p ♂ 45 lb., *pe over-bar p ○ 45 lb., *pe over-bar p	14-15 magers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pul- 5caled Masters 55+ 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 COR Reps at 15 Minutes Tiebreak Time Rx'd Has judge passed Con online Judges Course	n chin-over- Ill-ups n chin-over- Ill-ups ping pull-ups, ping pull-ups, Caled rossFit's Y / N
Rx'd (Ages 16-54) G 5 lb. Scaled (Ages 16-54) A 5 lb., *perform hanging knee-raises, th over-bar pull-ups, then chest-to-bar pu 5 5 lb., *perform hanging knee-raises, th over-bar pull-ups, then chest-to-bar pu Workout Location	9 45 lb. 0 65 lb. Scaled Tee hen chin- 9 35 lb., *pe ill-ups 0 45 lb., *pe hen chin- 0 45 lb., *pe over-bar p 0 45 lb., *pe over-bar p 0 45 lb., *pe Print 0 9 Print 0 9	14-15 magers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ 1 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 4 5 lb., *perform sit-ups, then jum then chin-over-bar pul	n chin-over- III-ups n chin-over- III-ups ping pull-ups, ping pull-ups, Date
Rx'd (Ages 16-54) G 5 lb. Scaled (Ages 16-54) A 5 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull 5 5 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull Morkout Location	9 45 lb. 0 65 lb. Scaled Tee hen chin- 9 35 lb., *pe ill-ups 0 45 lb., *pe hen chin- 0 45 lb., *pe over-bar p 0 45 lb., *pe over-bar p 0 45 lb., *pe Print 0 9 Print 0 9	14-15 magers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ - 435 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 coR Reps at 15 Minutes Tiebreak Time Rx'd Has judge passed Cr Online Judges Cours but. Athlete Signature	n chin-over- III-ups n chin-over- III-ups ping pull-ups, ping pull-ups, Date
Rx'd (Ages 16-54) G 5 lb. Scaled (Ages 16-54) 45 lb., *perform hanging knee-raises, th over-bar pull-ups, then chest-to-bar pu 55 lb., *perform hanging knee-raises, th over-bar pull-ups, then chest-to-bar pu Athlete Name Workout Location I confirm the information above accurate Affiliate Copy	9 45 lb. 0 65 lb. Scaled Tee hen chin- 9 35 lb., *pe ill-ups 0 45 lb., *pe hen chin- 0 45 lb., *pe over-bar p 0 45 lb., *pe over-bar p 0 45 lb., *pe Print 0 9 Print 0 9	14-15 magers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ - 435 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 coR Reps at 15 Minutes Tiebreak Time Rx'd Has judge passed Cr Online Judges Cours but. Athlete Signature	n chin-over- ill-ups n chin-over- ill-ups ping pull-ups, ping pull-ups, D Scaled rossFit's Y / N Date
Rx'd (Ages 16-54) G 5 lb. G 95 lb. Scaled (Ages 16-54) 4 5 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar pull-ups	P 45 lb. 65 lb. 55 lb. Scaled Tee 9 35 lb., *pe hen chin- 45 lb., *pe ill-ups 45 lb., *pe over-bar p over-bar p Print 9 45 lb., *pe Print 9 45 lb., *pe Il-ups 9 45 lb., *pe over-bar p 9 45 lb., *pe Il-ups 9 Print	14-15 magers 14-15 erform hanging knee-raises, then chir oull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ 10- 435 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 5 dF lb., *perform sit-ups, then jum then chin-over-bar pull-ups 6 dF lb., *perform sit-ups, then jum then chin-over-bar pull-ups	n chin-over- ill-ups n chin-over- ill-ups ping pull-ups, ping pull-ups, Scaled rossFit's re? Y / N Date
Rx'd (Ages 16-54) G 5 lb. G 95 lb. Scaled (Ages 16-54) G 45 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar puresting S 65 lb., *perform hanging knee-raises, the over-bar pull-ups, then chest-to-bar puresting Morkout Location Vorkout Location I confirm the information above accurate Affiliate Copy Athlete Copy WORKOUT 21.3	P 45 lb. O 65 lb. Scaled Tee hen chin- Il-ups hen chin- Il-ups hen chin- Il-ups O 45 lb., *pe over-bar p O 45 lb., *pe over-bar p Print Print Print Print	14-15 magers 14-15 erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups erform hanging knee-raises, then chir bull-ups, then chest-to-bar pull-ups Time	Masters 55+ 45 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 565 lb., *perform toes-to-bars, the bar pull-ups, then chest-to-bar pu 5caled Masters 55+ 435 lb., *perform sit-ups, then jum then chin-over-bar pull-ups 45 lb., *perform sit-ups, then jum then chin-over-bar pull-ups COR Reps at 15 Minutes Tiebreak Time Rx'd Has judge passed Cr Online Judges Cours but. Athlete Signature	n chin-over- ill-ups n chin-over- ill-ups ping pull-ups, ping pull-ups, Scaled rossFit's re? Y / N Date

OPEN WEEK 3 SCORECARD (RX'D AND SCALED)



12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



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	

			Heaviest	Load (in Pounds)	
Athlete Name	Print		 21 3 Time or Pe	eps (for Tiebreak)	
Workout Location		Judge	21.5 11116 01 Ke	• •	
		Juuge	Judge Name	Online Judges Course?	Y / N
onfirm the information above accurate	ly represents the athlet	te's performance	for this workout.		
Affiliate Copy		-		Athlete Signature	Date
Athlete Copy					
WORKOUT 21.4			Heaviert	Lood (in Dounds)	
Athlete Name			Heaviest	Load (in Pounds)	
	Print		21.3 Time or Re	eps (for Tiebreak)	
Workout Location		Judge		Has judge passed CrossFit's	Y/N
			Judge Name	Online Judges Course?	Y/IN
Workout Location			Judge Name	• •	
	ing represents the athlet	le s periornance		Judge Signature	Dat



OPEN WEEK 3 SCORECARD (FOUNDATIONS)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



Workout Location	ludge	Has judge passed CrossFi	iťs Y / N
Athlete Name		Tiebreak Time	
Athlete Copy WORKOUT 21.3 - FOUNDATIONS		OR Reps at 15 Minutes	
firm the information above accurately represents the athlete Affiliate Copy		Athlete Signature	Date
Workout Location	Judge Name		iťs Y/N
Athlete Name Print		Tiebreak Time	
	Time	OR Reps at 15 Minutes	
elevate the hands. Time cap: 15 min.		DIATELY START 21.4	TIME
with both hands at the same time. To modify the push-up, perform from the knees	15 THRUSTERS	180	
for the dumbbell row. If you have two dumbbells, you can complete the	50 F051-0F5	165	
touch the knees. Instead of a dumbbell, you can use a household	ahiaat	135	
stand from a chair. To modify the sit-up, reduce the range of motion			
or reaching the time cap for 21.3. To modify the squat and thruster, complete a sit	-to-	EST 1 MINUTE	TIME
21.4 begins immediately upon comple	ting 15 THRUSTERS	120	
30 push-ups 15 thrusters with stick	30 DUMBBELL R (15 LEFT, 15 R		
Rest 1 min. 15 air squats	15 AIR SQUATS	75	
30 dumbbell rows, 10 lb. (15 left, 15 15 thrusters with stick	right) R	EST 1 MINUTE	TIME
Rest 1 min. 15 air squats	15 THRUSTERS	60	
30 sit-ups 15 thrusters with stick	30 SIT-UPS	45	
15 air squats	15 AIR SQUATS	15	



OPEN WEEK 3 scorecard (foundations)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



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.

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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

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

		Heaviest I	Load (in pounds)	
Athlete Name	Print	21.3 Time or Re	ps (for Tiebreak)	
Workout Location				Y / N
confirm the information above accurately repres Affiliate Copy				
Athlete Copy WORKOUT 21.4 - FOUNDATIONS			Load (in pounds)	
Athlete Name	Print	21.3 Time or Re	ps (for Tiebreak)	
Workout Location	Judge	Judge Name	Has judge passed CrossFit's Online Judges Course?	Y / N
confirm the information above accurately repres	ents the athlete's performance	for this workout	Judge Signature	Date



NOBULL **CrossFit** 0 P E N 2021

Workout Location _

OPEN WEEK 3 SCORECARD (EQUIPMENT FREE)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



Has judge passed CrossFit's

Online Judges Course?

Y/N

Date

	Athlete Name Print		Tiebreak Time	
	Athlete Name		-	
	WORKOUT 21.3 - EQUIPMENT FREE	Time OR R	Reps at 15 Minutes	
	Athlete Copy			
l confi	rm the information above accurately represents the athlete's per Affiliate Copy			
	Workout Location Juc	dge	Has judge passed Cross	sFit's Y / N
	Athlete Name Print		Tiebreak Time	
	Athlata Nama	Time OK R	-	
		Time OD D	Reps at 15 Minutes	
		REST 2 MIN. T	HEN START 21.4	TIME
			270	TIME
	Time cap: 15 min.	30 THRUSTERS		
	completing or reaching the time cap for 21.3.	30 HANDSTAND PUSH-UPS	240	
	21.4 begins exactly 2 min. after		210	
	Rest 2 min. before beginning 21.4.	30 Air squats		
	30 thrusters with a stick or PVC pipe	REST	1 MIN.	TIME
	30 air squats 30 handstand push-ups	30 THRUSTERS	180	
	Rest 1 min.	30 dips	150	
	30 thrusters with a stick or PVC pipe	20 pipe	120	
	30 air squats 30 dips	30 AIR SQUATS	120	
	Rest 1 min.	REST	. 1 MIN.	TIME
	30 thrusters with a stick or PVC pipe	30 THRUSTERS	90	
	30 air squats 30 V-ups		00	
	For total time:	30 V-UPS	60	
	EQUIPMENT FREE	30 AIK SUUAIS	30	
Г	WORKOUT 21.3	30 Air squats		
_		Ĩ		

Judge Name

Judge _

I confirm the information above accurately represents the athlete's performance for this workout.

NOBULL **CrossFit OPEN** 2021

OPEN WEEK 3 SCORECARD (EQUIPMENT FREE)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



WORKOUT 21.4 - EOUIPMENT 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		10:00	15:00
9:00	Re	11:00	16:00
10:00	Rest 2	12:00	17:00
11:00		13:00	18:00
12:00	minutes	14:00	19:00
13:00	:es	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

		R	eps at 5 Minutes	
Athlete Name	Print			
	1 mile	21.3 Time or Re	ps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	
		Judge Name	Online Judges Course?	Y/N
irm the information above accurately re	epresents the athlete's performance	e for this workout.		
Affiliate Copy			Athlete Signature	Date
Athlete Copy				
WORKOUT 21.4 - EQUIPMEN	IFREE		ons at 5 Minutos	
-		R	eps at 5 Minutes	
Athlete Name			eps at 5 Minutes eps (for Tiebreak)	
-	Print		• ps (for Tiebreak) Has judge passed CrossFit's	
Athlete Name	Print	21.3 Time or Re	eps (for Tiebreak)	
Athlete Name	Print Judge	21.3 Time or Re	ps (for Tiebreak) Has judge passed CrossFit's Online Judges Course?	





12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



I AUAPLIVE - UPPE	R EXTREMITY	15 SINGLE-DUMBBELL Front Squats		
For total time:		FROMT SQUATS	15	
15 single-dum 30 V-ups	bbell front squats	30 V-UPS	45	
	bbell thrusters	15 SINGLE-DUMBBELL Thrusters	60	
	bbell front squats	REST	1 MINUTE	TIME
30 jumping pu	· · ·	15 SINGLE-DUMBBELL FRONT SQUATS	75	
	bbell front squats	30 JUMPING PULL-UPS	105	
15 single-dum	est-to-bar pull-ups bbell thrusters	15 SINGLE-DUMBBELL 15 THRUSTERS	120	
U	ediately upon completing time cap for 21.3.		1 MINUTE	TIME
<i>♀20-lb. dumbbell</i>		15 SINGLE-DUMBBELL Front squats	135	
ి 35-lb. dumbbell Time cap: 15 min.	JUMPING 30 Chest-to- Bar Pull-ups	165		
		15 SINGLE-DUMBBELL THRUSTERS	180	
			ELY START 21.4	TIME
		INIMEDIAT		
			eps at 15 Minutes	
Athlete Name				
	Print	Time OR R	eps at 15 Minutes Tiebreak Time	
	Print Judg	Time OR R	eps at 15 Minutes Tiebreak Time	
Workout Location	Judg	Time OR R e Judge Name rmance for this workout	eps at 15 Minutes Tiebreak Time Has judge passed CrossFit Online Judges Course?	s Y/N
Workout Location onfirm the information above Affiliate Copy Athlete Copy	Judg	Time OR R	eps at 15 Minutes Tiebreak Time Has judge passed CrossFit Online Judges Course?	S Y / N Date
Workout Location onfirm the information above Affiliate Copy Athlete Copy WORKOUT 21.3 - AI	Judg accurately represents the athlete's perfo	Time OR R e Judge Name rmance for this workout , Time OR R	eps at 15 Minutes Tiebreak Time Has judge passed CrossFit's Online Judges Course? Athlete Signature	^S Y / N Date
Workout Location onfirm the information above Affiliate Copy Athlete Copy WORKOUT 21.3 - AI Athlete Name	Judge accurately represents the athlete's perfor DAPTIVE - UPPER EXTREMITY Print	Time OR R e Judge Name rmance for this workout , Time OR R	eps at 15 Minutes Tiebreak Time Has judge passed CrossFit's Online Judges Course? Athlete Signature eps at 15 Minutes Tiebreak Time	s Y / N Date
Workout Location onfirm the information above Affiliate Copy Athlete Copy WORKOUT 21.3 - AI Athlete Name	Judg accurately represents the athlete's perfo	Time OR R e Judge Name rmance for this workout , Time OR R	eps at 15 Minutes Tiebreak Time Has judge passed CrossFit's Online Judges Course? Athlete Signature eps at 15 Minutes Tiebreak Time	s Y / N Date





12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29

Presented by

– 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

	r
	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 21.3 Time or Reps (for Tiebreak) Workout Location Judge Has judge passed Online Judges Course Judge Name Online Judges Course onfirm the information above accurately represents the athlete's performance for this workout. Athlete Signature Affiliate Copy Athlete Copy	CrossFit's Y / N rse? Y / N Date
Workout Location Judge Has judge passed Morkout Location Judge Has judge passed Judge Name Online Judges Cou Online Judges Cou Affiliate Copy	CrossFit's Y / N rse? Y / N Date
Judge Name Online Judges Cou onfirm the information above accurately represents the athlete's performance for this workout	rse? Y / N Date
onfirm the information above accurately represents the athlete's performance for this workout	Date
Annale copy	
WORKOUT 21.4 - ADAPTIVE - UPPER EXTREMITY	
Heaviest Load (in Pounds)	
Athlete Name	
Print 21.3 Time or Reps (for Tiebreak)	
Workout Location Judge Has judge passed	
Judge Name Online Judges Cou	rse? Y/N
nfirm the information above accurately represents the athlete's performance for this workout	
ludge Signature	Date



OPEN WEEK 3 SCORECARD (ADAPTIVE)





r WORKOUT 21.3] [[
ADAPTIVE - LOWER EXTREMITY	15 DEADLIFTS		16	
For total time:			15	
15 deadlifts	30 SIT-UPS		45	
30 sit-ups			45	
15 DB push presses	15 DB PUSH PRESSES			
Rest 1 min.			60	
15 deadlifts		REST 1 MINUTE		TIME
30 chest-to-bar pull-ups	15 DEADLIFTS			
15 DB push presses Rest 1 min.			75	
15 deadlifts	30 CHEST-TO-BAR			
30 bar muscle-ups	³⁰ PULL-UPS		105	
15 DB push presses				
	15 DB PUSH PRESSES		120	
21.4 begins immediately upon		REST 1 MINUTE		TIME
completing or reaching the time cap for 21.3.				
•	15 DEADLIFTS		135	
♀ Below-the-knee impairments: 105-lb. barbell, two 25-lb. dumbbells				
${\mathbb Q}$ Above-the-knee impairments: 75-lb. barbell,	30 BAR MUSCLE-UPS		165	
two 25-lb. dumbbells ♂ Below-the-knee impairments: 155-lb. barbell,			100	
two 35-lb. dumbbells	15 DB PUSH PRESSES		100	
♂ Above-the-knee impairments: 115-lb. barbell, two 35-lb. dumbbells		EDIATELY START 21.4	180	TIME
		EDIATELY START 21.4		TINE
Time cap: 15 min.				
		Time OR Reps at '	I5 Minutes	
Athlete Name		Tiek	oreak Time	
	ludgo		Has judge passed CrossF	it'c
Workout Location	Judge Jud	lge Name	Online Judges Course?	Y/N
irm the information above accurately represents the at	hlete's performance for this	workout	Athlete Signature	
Affiliate Copy			Athlete Signature	Date
Athlete Copy				
WORKOUT 21.3 - ADAPTIVE - LOWER EX		Time OR Reps at $^{\prime}$	I5 Minutes	
Athlete Name		Tieb	oreak Time	
Print				
Workout Location	Judge	lge Name	Has judge passed CrossF Online Judges Course?	iťs Y/N
irm the information above accurately represents the at				
			Judge Signature	Date





12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



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	

		Heaviest	Load (in Pounds)	
Athlete Name	Print	 21.3 Time or Re	ps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	
		Judge Name	Online Judges Course?	Y / N
firm the information above accurately rep	presents the athlete's performance	for this workout.		
Affiliate Copy	·		Athlete Signature	Date
Athlete Copy WORKOUT 21.4 - ADAPTIVE -	LOWER EXTREMITY			
		Heaviest	Load (in Pounds)	
Athlete Name	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	V/ / N
		Judge Name	Online Judges Course?	Y/N
irm the information above accurately re	presents the athlete's performance	for this workout.		
			ludge Signature	Date





☐ WORKOUT 21.3	7		1
ADAPTIVE - NEUROMUSCULAR	15 SINGLE-DB FRONT S	QUATS	
For total time:		10	1
15 single-DB front squats 30 sit-ups	30 SIT-UPS	45	-
15 single-DB thrusters Rest 1 min.	15 SINGLE-DB THRUSTE	FRS 60	
15 single-DB front squats	F	REST 1 MINUTE	TIME
30 jumping pull-ups 15 single-DB thrusters	15 SINGLE-DB FRONT S	QUATS 75	
Rest 1 min. 15 single-DB front squats 30 pull-ups	30 JUMPING PULL-UPS	105	
15 single-DB thrusters	15 SINGLE-DB THRUSTE	RS 120	
21.4 begins immediately upon completing or reaching the time cap	Ā	REST 1 MINUTE	TIME
for 21.3.	15 SINGLE-DB FRONT SO	QUATS	
♀ 20-lb. dumbbell ♂ 35-lb. dumbbell	30 PULL-UPS	165	
Time cap: 15 min.			1
	15 SINGLE-DB THRUSTE	RS 180	
	IMME	DIATELY START 21.4	TIME
	Tiı	me OR Reps at 15 Minutes	
Athlete Name		Tiebreak Time	
Workout Location		Has judge passed C Name Online Judges Cours	rossFit's se? Y / N
onfirm the information above accurately represents the athle Affiliate Copy	•	Athlete Signature	
Athlete Copy WORKOUT 21.3 - ADAPTIVE - NEUROMUS		me OR Reps at 15 Minutes	
Athlete NamePrint		Tiebreak Time	
Workout Location	Judge Judge	Has judge passed C Name Online Judges Cours	rossFit's se? Y / N
onfirm the information above accurately represents the athle	ete's performance for this wo	prkout	
		Judge Signature	Date





12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



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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.

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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	

		Heaviest	Load (in Pounds)	
Athlete Name				
	Print	21 3 Time or Pe	ps (for Tiebreak)	
Workout Location	Judge	21.5 TIME OF RE	Has judge passed CrossFit's	
	Judge	Judge Name	Online Judges Course?	Y / N
confirm the information above accurately repr	resents the athlete's performance	for this workout		
Affiliate Copy	·		Athlete Signature	Date
Athlete Copy				
WORKOUT 21.4 - ADAPTIVE - N	EUROMUSCULAR			
		Heaviest	Load (in Pounds)	
Athlete Name				
	Print	21.3 Time or Re	ps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	
		Judge Name	Online Judges Course?	Y / N
confirm the information above accurately repr	resents the athlete's performance	for this workout		
			ludge Signature	Date





┌ WORKOUT 21.3 ────			
ADAPTIVE - VISUAL IMPAIRMENT	15 FRONT SQUATS	15	
For total time:	30 TOES-TO-BARS		
15 front squats 30 toes-to-bars	30 10E3-10-DAR3	45	
15 thrusters	15 THRUSTERS		
Rest 1 min.		60	TIME
15 front squats	REST 1 M	NUIE	TIME
30 pull-ups 15 thrusters	15 FRONT SQUATS	75	
Rest 1 min. 15 front squats	30 PULL-UPS	105	
30 chest-to-bar pull-ups 15 thrusters	15 THRUSTERS	100	
21.4 begins immediately upon	REST 1 M	120 NUTE	TIME
completing or reaching the time cap for 21.3.	D 15 FRONT SQUATS		
♀ 65 lb.		135	
් 95 lb.	30 CHEST-TO-BAR PULL-UPS	105	
Time cap: 15 min.		165	
	15 THRUSTERS	180	
	IMMEDIATELY	START 21.4	TIME
	Time OR R	eps at 15 Minutes	
Athlete Name		Tiebreak Time	
Print Workout Location	Judge	Has judge passed CrossFi Online Judges Course?	ťs Y/N
nfirm the information above accurately represents the ath			
nfirm the information above accurately represents the ath Affiliate Copy		Athlete Signature	Date
Athlete Copy WORKOUT 21.3 - ADAPTIVE - VISUAL IM	ΔΙΡΜΕΝΤ	eps at 15 Minutes	
Athlete Name		Tiebreak Time	
Print			
Workout Location	Judge Judge Name	Has judge passed CrossFi Online Judges Course?	ťs Y/N
nfirm the information above accurately represents the ath			
		Judge Signature	Date



OPEN WEEK 3 SCORECARD (ADAPTIVE)





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.

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	

	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	Judge		• •	
		J = 0 = -		Y / N
ofirm the information above accura	ately represents the athlete's performa	ace for this workout		
	accivit opi openios cito acificado perioritida			
Anniate copy				Date
Anniate copy				
Athlete Copy				
Athlete Copy WORKOUT 21.4 - ADAPT	IVE - VISUAL IMPAIRMENT			
Athlete Copy WORKOUT 21.4 - ADAPT	IVE - VISUAL IMPAIRMENT			
Athlete Copy WORKOUT 21.4 - ADAPT	IVE - VISUAL IMPAIRMENT	Heaviest		
Athlete Copy WORKOUT 21.4 - ADAPT Athlete Name	IVE - VISUAL IMPAIRMENT	Heaviest 	: Load (in Pounds)	





WORKOUT 21.3			
ADAPTIVE - SHORT STATURE	15 DUMBBELL FRONT SQUATS	15	
For total time: 15 dumbbell front squats	30 SIT-UPS	45	
30 sit-ups 15 dumbbell thrusters Rest 1 min.	15 DUMBBELL THRUSTERS	60	
15 dumbbell front squats	REST 1 MINU	TE	TIME
30 pull-ups 15 dumbbell thrusters	15 DUMBBELL FRONT SQUATS	75	
Rest 1 min. 15 dumbbell front squats 30 chest-to-bar pull-ups	30 PULL-UPS	105	
15 dumbbell thrusters	15 DUMBBELL THRUSTERS	120	
21.4 begins immediately upon completing or reaching the time cap	REST 1 MINU	TE	TIME
for 21.3.	15 DUMBBELL FRONT SQUATS	135	
 ♀ Two 15-lb. dumbbells ♂ Two 25-lb. dumbbells 	30 CHEST-TO-BAR PULL-UPS	165	
Time cap: 15 min.	15 DUMBBELL THRUSTERS		
		180	
	IMMEDIATELY STA	RT 21.4	TIME
	Time OR Reps	at 15 Minutes	
Athlete Name	·	Tiebreak Time	
Workout Location	_ Judge Judge Name	Has judge passed CrossFit's Online Judges Course?	Y / N
nfirm the information above accurately represents the athlete's Affiliate Copy		Athlete Signature	Date
Athlete Copy WORKOUT 21.3 - ADAPTIVE - SHORT STATU	DE	at 15 Minutes	
Athlete Name Print		Tiebreak Time	
Workout Location	_ Judge Judge Name	Has judge passed CrossFit's Online Judges Course?	Y / N
onfirm the information above accurately represents the athlete's	performance for this workout	luder Cenet	
		Judge Signature	Date





12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29

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	

		Heaviest	Load (in Pounds)	
Athlete Name				
	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	Y/N
		Judge Name	Online Judges Course?	Y / IN
rm the information above accurately rep	presents the athlete's performance	e for this workout.		
Affiliate Copy	·		Athlete Signature	Date
Athlete Copy	SHORT STATURE			
Athlete Copy WORKOUT 21.4 - ADAPTIVE - S	SHORT STATURE		Load (in Pounds)	
Athlete Copy	SHORT STATURE			
Athlete Copy WORKOUT 21.4 - ADAPTIVE - S	SHORT STATURE	Heaviest		
Athlete Copy WORKOUT 21.4 - ADAPTIVE - S	SHORT STATURE	Heaviest	Load (in Pounds) eps (for Tiebreak) Has judge passed CrossFit's	
Athlete Copy WORKOUT 21.4 - ADAPTIVE - S Athlete Name	SHORT STATURE	Heaviest 21.3 Time or Re	Load (in Pounds) eps (for Tiebreak)	
Athlete Copy WORKOUT 21.4 - ADAPTIVE - S Athlete Name	SHORT STATURE Print Judge	Heaviest 21.3 Time or Re	Load (in Pounds) eps (for Tiebreak) Has judge passed CrossFit's Online Judges Course?	



2021

OPEN WEEK 3 SCORECARD (ADAPTIVE)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



∣ WORKOUT 21.3 ————			
ADAPTIVE - SEATED WITH HIP FUNCTION	N 15 DIPS	15	
For total time:		10	
15 dips	30 MED-BALL SIT-UPS	45	
30 med-ball sit-ups 15 DB shoulder-to-overheads			
Rest 1 min.	15 DUMBBELL Shoulder-to-overheads	60	
15 dips	REST 1 M	<i>I</i> INUTE	TIME
30 pull-ups (full hang out of chair) 15 DB shoulder-to-overheads	15 DIPS	75	
Rest 1 min. 15 dips 30 ring muscle-ups	30 PULL-UPS	105	
15 DB shoulder-to-overheads	15 DUMBBELL Shoulder-to-overheads	120	
21.4 begins immediately upon completing or reaching the time cap f	REST 1 M	<i>N</i> INUTE	TIME
21.3.	15 DIPS	135	
 ♀ Two 20-lb. dumbbells, 10-lb. medicine l ♂ Two 35-lb. dumbbells, 10-lb. medicine l 			
Time cap: 15 min.		165	
	15 DUMBBELL 15 SHOULDER-TO-OVERHEADS	180	
	IMMEDIATELY	/ START 21.4	TIME
	Time OR R	eps at 15 Minutes	
Athlete Name		Tiebreak Time	
Print			
Workout Location	Judge Judge Name	Online Judges Course?	Y / N
onfirm the information above accurately represents the ath Affiliate Copy	lete's performance for this workout	Athlete Signature	Date
Athlete Copy WORKOUT 21.3 - ADAPTIVE - SEATED W		eps at 15 Minutes	
Athlete Name		Tiebreak Time	
Workout Location	Judge	Has judge passed CrossFit's Online Judges Course?	Y / N
onfirm the information above accurately represents the ath			
	nd 3.2.1 Go! Eittest on Earth and Sport of Eitness are	Judge Signature	Date



- WORKOUT 21.4 Adaptive - Seated with hip function

Complete the following complex for max load:

1 deadlift

2021

1 lap clean

2 shoulder presses

Time begins immediately following the completion of 21.3.

Time cap: 7 min.

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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	

		Heaviest	Load (in Pounds)	
Athlete Name				
	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	ludge			
	juuge	Judge Name	Online Judges Course?	Y / N
nfirm the information above accurately rep	presents the athlete's performance	for this workout.		
Affiliate Copy			Athlete Signature	Date
Athlete Copy				
WORKOUT 21.4 - ADAPTIVE - S	SEATED WITH HIP FUNCT	ION		
		Heaviest	Load (in Pounds)	
Athlete Name				
	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	
		Judge Name	Online Judges Course?	Y / N
nfirm the information above accurately rep	presents the athlete's performance	for this workout.		
	•		Judge Signature	Date





ADAPTIVE - SEATED W/C		15 BOX DIPS			
-		15 BOX DIPS		15	
For total time: 15 box dips		30 MED-BALL	SIT-UPS	45	
30 med-ball sit-ups 15 DB shoulder-to-c	overheads	15 DUMBBELL Shoulder	TO-OVERHEADS	60	
Rest 1 min.			REST 1 MINUT		TIME
15 box dips 30 pull-ups			REOT F MINOT	L	
15 DB shoulder-to-c	overheads	15 BOX DIPS		75	
15 box dips		30 PULL-UPS		105	
30 chest-to-bar pull 15 DB shoulder-to-c		15 DUMBBELL Shoulder	TO-OVERHEADS	120	
21.4 begins immediate			REST 1 MINUT		TIME
completing or reaching for 21.3.	g the time cap	15 BOX DIPS			
♀ Two 15-lb. dumbbells, ☆ ♂ Two 25-lb. dumbbells, ☆		30 CHEST-TO-E	BAR PULL-UPS		
Time cap: 15 min.				165	
. ·		15 DUMBBELL SHOULDER	TO-OVERHEADS	180	
			IMMEDIATELY STAF	RT 21.4	TIME
			Time OR Reps	at 15 Minutes	
Athlete Name			. 1	iebreak Time	
	Print				
Workout Location				Has judge passed Cross Online Judges Course?	
onfirm the information above accurate Affiliate Copy	ly represents the athlete's			Athlete Signature	Date
Athlete Copy WORKOUT 21.3 - ADAPTIN				at 15 Minutes	
Athlete Name	Print		. 1	liebreak Time	
Workout Location		Judge	Judge Name	Has judge passed Cross Online Judges Course?	sFit's Y / N
onfirm the information above accurate	ly represents the athlete's	performance for th	is workout		
				Judge Signature marks of CrossFit, LLC. All Rights Res	



OPEN WEEK 3 SCORECARD (ADAPTIVE)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



- 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	

		Heaviest	Load (in Pounds)	
Athlete Name			-	
	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's	Y/N
		Judge Name	Online Judges Course?	Y / IN
the information above accurately rep	resents the athlete's performance	for this workout.		
			Athlete Signature	Date
Athlete Copy	SEATED W/O HIP FUNCTI			
Affiliate Copy Athlete Copy NORKOUT 21.4 - ADAPTIVE - S		ON		
Athlete Copy VORKOUT 21.4 - ADAPTIVE - S	EATED W/O HIP FUNCTI	ON	Load (in Pounds)	
Athlete Copy	EATED W/O HIP FUNCTI	ON Heaviest		
Athlete Copy NORKOUT 21.4 - ADAPTIVE - S	EATED W/O HIP FUNCTI Print	ON Heaviest 21.3 Time or Re	Load (in Pounds) eps (for Tiebreak) Has judge passed CrossFit's	
Athlete Copy ORKOUT 21.4 - ADAPTIVE - S Athlete Name	EATED W/O HIP FUNCTI Print	ON Heaviest 21.3 Time or Re	Load (in Pounds)	
Athlete Copy /ORKOUT 21.4 - ADAPTIVE - S Athlete Name	Print Judge	ON Heaviest 21.3 Time or Re Judge Name	Load (in Pounds) eps (for Tiebreak) Has judge passed CrossFit's Online Judges Course?	





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12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



For total time: 15 15 15 15 dumbbell front squats 30 sit-ups 45 15 dumbbell thrusters 60 Rest 1 min. 15 00 15 dumbbell thrusters 60 Rest 1 min. 15 00 15 dumbbell thrusters 75 Rest 1 min. 15 00 15 dumbbell thrusters 75 15 dumbbell thrusters 75 15 dumbbell thrusters 105 15 dumbbell thrusters 105 15 dumbbell thrusters 100 15 dumbbells 100 Time cap: 15 min. 105 15 dumbbells 105 15 dumbbells 105 15 dumbbells 105 15 dumbbell thrusters 100 16 dumbbells 105 17 dumbbell thrusters 100 16 dumbbells 100	WORKOUT 21.3	15 DUMBBELL FRONT SQUATS		
15 dumbbell front squats 30 SIT-UPS 45 30 sit-ups 15 dumbbell thrusters 60 Rest 1 min. 15 dumbbell front squats 60 30 sit-ups 15 dumbbell thrusters 60 Rest 1 min. 15 dumbbell thrusters 75 Rest 1 min. 15 dumbbell thrusters 75 Rest 1 min. 15 dumbbell thrusters 75 30 sit-ups 15 dumbbell thrusters 105 15 dumbbell thrusters 105 105 15 dumbbell thrusters 105 15 DUMBBELL TRONT SQUATS 75 30 sit-ups 105 15 DUMBBELL TRONT SQUATS 105 15 DUMBBELL TRONT SQUATS 120 11 15 DUMBBELL TRONT SQUATS 135 135 21.4 begins immediately upon completing or reaching the time cap for 21.3. 135 130 SIT-UPS 105 15 DUMBBELL TRONT SQUATS 135 130 SIT-UPS 105 150 15 DUMBBELL TRONT SQUATS 135 135 140 11 15 DUMBBELL TRONT SQUATS 105 150 150 105 105 165 15 DUMBBELL TRONT SQUATS <	ADAPTIVE - INTELLECTUAL		15	
15 dumbbell thrusters 60 Rest 1 min. 15 dumbbell front squats 30 sit-ups 75 15 dumbbell thrusters 75 Rest 1 min. 15 dumbbell thrusters Rest 1 min. 15 dumbbell thrusters 30 sit-ups 105 15 dumbbell thrusters 105 21.4 begins immediately upon completing or reaching the time cap for 21.3. 15 DUMBBELL THRUSTERS 2 Two 15-lb. dumbbells 15 DUMBBELL THRUSTERS 30 SIT-UPS 165 15 DUMBBELL THRUSTERS 180 16 DUMBBELL THRUSTERS 180 17 Time CR Reps at 15 Minutes 180 18 DUMBBELL THRUSTERS 180 19 DUMBBELL THRUSTERS 180 <		30 SIT-UPS	45	
Rest 1 min. 15 dumbbell front squats 30 sit-ups 15 dumbbell thrusters Rest 1 min. 15 dumbbell thrusters Rest 1 min. 15 dumbbell front squats 30 sit-ups 105 15 dumbbell thrusters 105 21.4 begins immediately upon completing or reaching the time cap for 21.3. 15 DUMBBELL FRONT SQUATS 120 2 Two 15-lb. dumbbells 135 135 135 30 SIT-UPS 15 DUMBBELL FRONT SQUATS 135 2 Two 25-lb. dumbbells 135 135 Time cap: 15 min. 15 DUMBBELL THRUSTERS 130 MMEDIATELY START 21.4 11 Time OR Reps at 15 Minutes Morkout Location Judge Judge Name Online Judge SCorrse? Y/ Athlete Name Print Judge Name Athlete Signature Dathlete Signature <t< th=""><th></th><th>15 DUMBBELL THRUSTERS</th><th>00</th><th></th></t<>		15 DUMBBELL THRUSTERS	00	
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. 2 Two 15-lb. dumbbells 3 Time cap: 15 min. 15 DUMBBELL FRONT SQUATS 16 DUMBBELL FRONT SQUATS 17 Time cap: 15 min. 18 DUMBBELL FRONT SQUATS 19 DUMBBELL FRONT SQUATS 19 DUMBBELL FRONT SQUATS 10 ST-UPS 10 ST-UPS 10 Strups 10 Strups 10 Strups 10 Strups	Rest 1 min.	REST 1 M		TIME
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 Time cap: 15 min. 15 DUMBBELL TRONT SQUATS 15 DUMBBELL TRONT SQUATS 15 DUMBBELL TRONT SQUATS 15 Time cap: 15 min. 15 DUMBBELL TRONT SQUATS 165 15 DUMBBELL TRONT SQUATS 166 15 DUMBBELL TRONT SQUATS 167 170 180 190 191 191 191 192 193 193 193 194 194 194 194 194 194 194 194 194 194 194 194 194 194 194 194 194 <				TIME
30 sit-ups 15 dumbbell thrusters 15 DUMBBELL THRUSTERS 120 21.4 begins immediately upon completing or reaching the time cap for 21.3. Is DUMBBELL FRONT SQUATS 11 © Two 15-lb. dumbbells 135 135 Time cap: 15 min. 185 185 Is DUMBBELL THRUSTERS 186 185 Is DUMBBELL THRUSTERS 180 185 Time cap: 15 min. 180 180 Immediately Start 21.4 Theoreak Time 11 Athlete Name Print 110 Workout Location Judge Has Judge passed CrossFit's V/ Affliate Copy Athlete Signature Definition of the stress of the stres	Rest 1 min.	30 SIT-UPS		
21.4 begins immediately upon completing or reaching the time cap for 21.3. IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS 2 Two 15-lb. dumbbells IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS 30 SIT-UPS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS 30 SIT-UPS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS 31 Time cap: 15 min. IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS 30 SIT-UPS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS IsoumBBELL FRONT SQUATS 30 SIT-UPS IsoumBBELL THRUSTERS IsoumBBELL THRUSTERS IsoumBBELL THRUSTERS IsoumBBELL THRUSTERS IsoumBBELL THRUSTERS 15 DUMBBELL THRUSTERS IsoumBELL THRUSTERS IsoumBELL THRUSTERS IsoumBELL THRUSTERS IsoumBELL THRUSTERS Athlete Name Print Judge Market Super State	30 sit-ups	15 DUMBBELL THRUSTERS	120	
completing or reaching the time cap for 21.3. 15 DUMBBELL FRONT SQUATS 135 Q Two 15-lb. dumbbells 135 135 Time cap: 15 min. 165 165 15 DUMBBELL THRUSTERS 180 IMMEDIATELY START 21.4 TI Time OR Reps at 15 Minutes Print Time OR Reps at 15 Minutes Vorkout Location Judge Has judge passed CrossFit's Online Judges Course? Athlete Name Print Morkout Location above accurately represents the athlete's performance for this workout. Athlete Signature December 21.3 - ADAPTIVE - INTELLECTUAL Athlete Name Time OR Reps at 15 Minutes Time OR Reps at 15 Minutes December 21.3 - ADAPTIVE - INTELLECTUAL Athlete Name Time OR Reps at 15 Minutes December 21.3 - ADAPTIVE - INTELLECTUAL	21.4 begins immediately upon	REST 1 M	MINUTE	TIME
Two 25-lb. dumbbells 165 Time cap: 15 min. 15 DUMBBELL THRUSTERS IMMEDIATELY START 21.4 11 Time OR Reps at 15 Minutes 180 Athlete Name Print Workout Location Judge Judge Name Online Judge passed CrossFit's Y/ nfirm the information above accurately represents the athlete's performance for this workout. Athlete Copy Athlete Signature WORKOUT 21.3 - ADAPTIVE - INTELLECTUAL Time OR Reps at 15 Minutes Athlete Name Time OR Reps at 15 Minutes	completing or reaching the time	15 DUMBBELL FRONT SQUATS	135	
Time cap: 15 min. 15 DUMBBELL THRUSTERS 180 IMMEDIATELY START 21.4 TI Time OR Reps at 15 Minutes Athlete Name Print Morkout Location Print Morkout Location Judge Judge Mame Has judge passed CrossFit's Online Judges Course? Y / nfirm the information above accurately represents the athlete's performance for this workout. Athlete Signature Dathlete Copy MORKOUT 21.3 - ADAPTIVE - INTELLECTUAL Athlete Name Time OR Reps at 15 Minutes Time OR Reps at 15 Minutes	· · · · · · · · · · · · · · · · · · ·	30 SIT-UPS	165	
IMMEDIATELY START 21.4 TI IMMEDIATELY START 21.4 TI Time OR Reps at 15 Minutes	3	15 DUMBBELL THRUSTERS	180	
Athlete Name Print Workout Location Judge Judge Name Has judge passed CrossFit's Online Judges Course? Judge Name Has judge passed CrossFit's Online Judges Course? Affiliate Copy Athlete Signature WORKOUT 21.3 - ADAPTIVE - INTELLECTUAL Athlete Name Time OR Reps at 15 Minutes		IMMEDIATELY		TIME
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Workout Location Judge Has judge passed CrossFit's Online Judges Course? Y / Infirm the information above accurately represents the athlete's performance for this workout. Athlete Signature Da Affiliate Copy Athlete Signature Da WORKOUT 21.3 - ADAPTIVE - INTELLECTUAL Time OR Reps at 15 Minutes Tiebreak Time			Tiebreak Time	
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WORKOUT 21.3 - ADAPTIVE - INTELLECTUAL Time OR Reps at 15 Minutes Athlete Name Tiebreak Time			•	Date
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Workout Location Judge Has judge passed CrossFit's Online Judges Course? Y /	Workout Location	Judge Judge Name		
nfirm the information above accurately represents the athlete's performance for this workout	firm the information above accurately represents the athlete	e's performance for this workout.	ludge Signature	Date



OPEN WEEK 3 SCORECARD (ADAPTIVE)

12:00 PT THURSDAY, MARCH 25, THROUGH 17:00 PT MONDAY, MARCH 29



Complete the following for max load:

4-rep-max deadlift

Time begins immediately following the completion of 21.3.

Time cap: 7 min.

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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	

		Heaviest	Load (in Pounds)	
Athlete Name				
	Print	21.3 Time or Re	eps (for Tiebreak)	
Workout Location	Judge		Has judge passed CrossFit's Online Judges Course?	Y/N
		Judge Name	Online Judges Course?	Y / IN
n the information above accurately r	epresents the athlete's performance	e for this workout.		
Affiliate Copy			Athlete Signature	Date
Athlete Copy				
Athlete Copy	- INTELLECTUAL		Load (in Pounds)	
Athlete Copy VORKOUT 21.4 - ADAPTIVE -	- INTELLECTUAL	Heaviest		
Athlete Copy VORKOUT 21.4 - ADAPTIVE -	Print	Heaviest	Load (in Pounds) eps (for Tiebreak) Has judge passed CrossFit's	
Athlete Copy IORKOUT 21.4 - ADAPTIVE - Athlete Name	Print	Heaviest 21.3 Time or Re	Load (in Pounds)eps (for Tiebreak)	
Athlete Copy VORKOUT 21.4 - ADAPTIVE - Athlete Name	Print	Heaviest 21.3 Time or Re	Load (in Pounds) eps (for Tiebreak) Has judge passed CrossFit's Online Judges Course?	