



WORKOUT 21.2

Repeat of 17.1

For time:

- 10 dumbbell snatches
- 15 burpee box jump-overs
- 20 dumbbell snatches
- 15 burpee box jump-overs
- 30 dumbbell snatches
- 15 burpee box jump-overs
- 40 dumbbell snatches
- 15 burpee box jump-overs
- 50 dumbbell snatches
- 15 burpee box jump-overs

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BOX JUMP-OVERS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BOX JUMP-OVERS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BOX JUMP-OVERS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BOX JUMP-OVERS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BOX JUMP-OVERS	225	

TIME

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

Scaled (Ages 16-54)

♀ 20-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 35-lb. dumbbell, 20-in. box (step-ups permitted)

Teenagers 14-15

♀ 20-lb. dumbbell, 20-in. box

♂ 35-lb. dumbbell, 24-in. box

Scaled Teenagers 14-15

♀ 10-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 20-lb. dumbbell, 24-in. box (step-ups permitted)

Masters 55+

♀ 20-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 35-lb. dumbbell, 24-in. box (step-ups permitted)

Scaled Masters 55+

♀ 10-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 20-lb. dumbbell, 20-in. box (step-ups permitted)

Time OR Reps at 20 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 21.2

Time OR Reps at 20 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 21.2 FOUNDATIONS

For time:

- 10 alternating snatches
- 15 burpees
- 20 alternating snatches
- 15 burpees
- 30 alternating snatches
- 15 burpees
- 40 alternating snatches
- 15 burpees
- 50 alternating snatches
- 15 burpees

Use a 10-lb. dumbbell or household item for the snatch.

To modify the burpee, omit the push-up portion or elevate the hands during the push-up.

Time cap: 20 min.

10 ALTERNATING SNATCHES	10	
15 BURPEES	25	
20 ALTERNATING SNATCHES	45	TIME
15 BURPEES	60	
30 ALTERNATING SNATCHES	90	TIME
15 BURPEES	105	
40 ALTERNATING SNATCHES	145	TIME
15 BURPEES	160	
50 ALTERNATING SNATCHES	210	TIME
15 BURPEES	225	
		TIME

Time OR Reps at 20 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

WORKOUT 21.2 - FOUNDATIONS

Time OR Reps at 20 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 21.2
EQUIPMENT FREE

Modified version of 17.1

For time:

- 10 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 20 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 30 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 40 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 50 hang squat snatches
- 15 burpee broad jumps, 36 in.

Use a stick or PVC pipe to complete the hang squat snatches.

Time cap: 20 min.

10 HANG SQUAT SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 HANG SQUAT SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 HANG SQUAT SNATCHES	90	TIME
15 BURPEE BROAD JUMPS	105	
40 HANG SQUAT SNATCHES	145	TIME
15 BURPEE BROAD JUMPS	160	
50 HANG SQUAT SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	225	

TIME

Time OR Reps at 20 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

WORKOUT 21.2 - EQUIPMENT FREE

Time OR Reps at 20 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 21.2

ADAPTIVE - UPPER EXTREMITY

For time:

- 10 dumbbell snatches
- 15 burpee box jump-overs
- 20 dumbbell snatches
- 15 burpee box jump-overs
- 30 dumbbell snatches
- 15 burpee box jump-overs
- 40 dumbbell snatches
- 15 burpee box jump-overs
- 50 dumbbell snatches
- 15 burpee box jump-overs

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

Time cap: 20 min.

10 DUMBBELL SNATCHES		10	
15 BURPEE BOX JUMP-OVERS		25	
20 DUMBBELL SNATCHES		45	TIME
15 BURPEE BOX JUMP-OVERS		60	
30 DUMBBELL SNATCHES		90	TIME
15 BURPEE BOX JUMP-OVERS		105	
40 DUMBBELL SNATCHES		145	TIME
15 BURPEE BOX JUMP-OVERS		160	
50 DUMBBELL SNATCHES		210	TIME
15 BURPEE BOX JUMP-OVERS		225	
			TIME

Time OR Reps at 20 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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - UPPER EXTREMITY

Time OR Reps at 20 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 21.2

ADAPTIVE - LOWER EXTREMITY

For time:

- 10 hang dumbbell snatches
- 15 burpees
- 20 hang dumbbell snatches
- 15 burpees
- 30 hang dumbbell snatches
- 15 burpees
- 40 hang dumbbell snatches
- 15 burpees
- 50 hang dumbbell snatches
- 15 burpees

♀ 35-lb. dumbbell

♂ 50-lb. dumbbell

Time cap: 20 min.

10 HANG DUMBBELL SNATCHES	10	
15 BURPEES	25	
20 HANG DUMBBELL SNATCHES	45	TIME
15 BURPEES	60	
30 HANG DUMBBELL SNATCHES	90	TIME
15 BURPEES	105	
40 HANG DUMBBELL SNATCHES	145	TIME
15 BURPEES	160	
50 HANG DUMBBELL SNATCHES	210	TIME
15 BURPEES	225	
		TIME

Time OR Reps at 20 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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - LOWER EXTREMITY

Time OR Reps at 20 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 21.2

ADAPTIVE - NEUROMUSCULAR

For time:

- 10 hang dumbbell snatches
- 15 knee burpees
- 20 hang dumbbell snatches
- 15 knee burpees
- 30 hang dumbbell snatches
- 15 knee burpees
- 40 hang dumbbell snatches
- 15 knee burpees
- 50 hang dumbbell snatches
- 15 knee burpees

♀ 20-lb. dumbbell

♂ 35-lb. dumbbell

Time cap: 20 min.

10 HANG DUMBBELL SNATCHES	10	
15 KNEE BURPEES	25	
20 HANG DUMBBELL SNATCHES	45	TIME
15 KNEE BURPEES	60	
30 HANG DUMBBELL SNATCHES	90	TIME
15 KNEE BURPEES	105	
40 HANG DUMBBELL SNATCHES	145	TIME
15 KNEE BURPEES	160	
50 HANG DUMBBELL SNATCHES	210	TIME
15 KNEE BURPEES	225	
		TIME

Time OR Reps at 20 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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - NEUROMUSCULAR

Time OR Reps at 20 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 21.2
ADAPTIVE - VISUAL IMPAIRMENT

For time:

- 10 dumbbell snatches
- 15 burpees (no jumps)
- 20 dumbbell snatches
- 15 burpees (no jumps)
- 30 dumbbell snatches
- 15 burpees (no jumps)
- 40 dumbbell snatches
- 15 burpees (no jumps)
- 50 dumbbell snatches
- 15 burpees (no jumps)

♀ 35-lb. dumbbell

♂ 50-lb. dumbbell

Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEES (NO JUMPS)	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEES (NO JUMPS)	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEES (NO JUMPS)	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEES (NO JUMPS)	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEES (NO JUMPS)	225	

Time OR Reps at 20 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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - VISUAL IMPAIRMENT

Time OR Reps at 20 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 21.2

ADAPTIVE - SHORT STATURE

For time:

- 10 dumbbell snatches
- 15 burpee broad jumps
- 20 dumbbell snatches
- 15 burpee broad jumps
- 30 dumbbell snatches
- 15 burpee broad jumps
- 40 dumbbell snatches
- 15 burpee broad jumps
- 50 dumbbell snatches
- 15 burpee broad jumps

♀ 20-lb. dumbbell, 2-inch-wide tape line

♂ 35-lb. dumbbell, 2-inch-wide tape line

Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BROAD JUMPS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BROAD JUMPS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	225	TIME

Time OR Reps at 20 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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - SHORT STATURE

Time OR Reps at 20 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 21.2

ADAPTIVE - SEATED WITH HIP FUNCTION

For time:

- 10 lap DB snatches
- 15 chair U-turns
- 20 lap DB snatches
- 15 chair U-turns
- 30 lap DB snatches
- 15 chair U-turns
- 40 lap DB snatches
- 15 chair U-turns
- 50 lap DB snatches
- 15 chair U-turns

♀ 20-lb. dumbbell, 20 inches for U-turns

♂ 35-lb. dumbbell, 20 inches for U-turns

Time cap: 20 min.

10 LAP DB SNATCHES	10	
15 CHAIR U-TURNS	25	
20 LAP DB SNATCHES	45	TIME
15 CHAIR U-TURNS	60	
30 LAP DB SNATCHES	90	TIME
15 CHAIR U-TURNS	105	
40 LAP DB SNATCHES	145	TIME
15 CHAIR U-TURNS	160	
50 LAP DB SNATCHES	210	TIME
15 CHAIR U-TURNS	225	

TIME

Time OR Reps at 20 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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - SEATED WITH HIP FUNCTION

Time OR Reps at 20 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 21.2
ADAPTIVE - SEATED W/O HIP FUNCTION

For time:

- 10 lap DB snatches
- 15 chair U-turns
- 20 lap DB snatches
- 15 chair U-turns
- 30 lap DB snatches
- 15 chair U-turns
- 40 lap DB snatches
- 15 chair U-turns
- 50 lap DB snatches
- 15 chair U-turns

♀ 15-lb. dumbbell, 20 inches for U-turns

♂ 25-lb. dumbbell, 20 inches for U-turns

Time cap: 20 min.

10 LAP DB SNATCHES	10	
15 CHAIR U-TURNS	25	
20 LAP DB SNATCHES	45	TIME
15 CHAIR U-TURNS	60	
30 LAP DB SNATCHES	90	TIME
15 CHAIR U-TURNS	105	
40 LAP DB SNATCHES	145	TIME
15 CHAIR U-TURNS	160	
50 LAP DB SNATCHES	210	TIME
15 CHAIR U-TURNS	225	

TIME

Time OR Reps at 20 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. _____
 Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.2 - ADAPTIVE - SEATED W/O HIP FUNCTION Time OR Reps at 20 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 21.2

ADAPTIVE - INTELLECTUAL

For time:

- 10 dumbbell snatches
- 15 burpee broad jumps
- 20 dumbbell snatches
- 15 burpee broad jumps
- 30 dumbbell snatches
- 15 burpee broad jumps
- 40 dumbbell snatches
- 15 burpee broad jumps
- 50 dumbbell snatches
- 15 burpee broad jumps

♀ 15-lb. dumbbell, 2-inch-wide tape line

♂ 25-lb. dumbbell, 2-inch-wide tape line

Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BROAD JUMPS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BROAD JUMPS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	225	TIME

Time OR Reps at 20 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

WORKOUT 21.2 - ADAPTIVE - INTELLECTUAL

Time OR Reps at 20 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