

WORKOUT 21.1

For time:

1 wall walk
10 double-unders
3 wall walks
30 double-unders
6 wall walks
60 double-unders
9 wall walks
90 double-unders
15 wall walks
150 double-unders
21 wall walks
210 double-unders

Time cap: 15 min.

WORKOUT VARIATIONS

Rx'd (all ages)

♀ and ♂ perform wall walks and double-unders

Scaled (all ages)

♀ and ♂ perform scaled wall walks and single-unders

1 WALL WALK		1	
10 DOUBLE-UNDERS		11	
3 WALL WALKS		14	TIME
30 DOUBLE-UNDERS		44	
6 WALL WALKS		50	TIME
60 DOUBLE-UNDERS		110	
9 WALL WALKS		119	TIME
90 DOUBLE-UNDERS		209	
15 WALL WALKS		224	TIME
150 DOUBLE-UNDERS		374	
21 WALL WALKS		395	TIME
210 DOUBLE-UNDERS		605	
			TIME

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 21.1

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 21.1 - FOUNDATIONS

For time:

- 1 bear crawl
- 10 jumping jacks
- 3 bear crawls
- 30 jumping jacks
- 6 bear crawls
- 60 jumping jacks
- 9 bear crawls
- 90 jumping jacks
- 15 bear crawls
- 150 jumping jacks
- 21 bear crawls
- 210 jumping jacks

The bear crawl can be modified by placing the hands on an elevated surface and simulating the walking motion by bringing the knees to the chest.

The jumping jacks can be modified to a "stepping jack" if needed.

Time cap: 15 min.

1 BEAR CRAWL	1	
10 JUMPING JACKS	11	
3 BEAR CRAWLS	14	TIME
30 JUMPING JACKS	44	
6 BEAR CRAWLS	50	TIME
60 JUMPING JACKS	110	
9 BEAR CRAWLS	119	TIME
90 JUMPING JACKS	209	
15 BEAR CRAWLS	224	TIME
150 JUMPING JACKS	374	
21 BEAR CRAWLS	395	TIME
210 JUMPING JACKS	605	TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____
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 21.1 - FOUNDATIONS

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____
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 21.1
EQUIPMENT FREE

For time:

1 wall walk
10 lateral jumps
3 wall walks
30 lateral jumps
6 wall walks
60 lateral jumps
9 wall walks
90 lateral jumps
15 wall walks
150 lateral jumps
21 wall walks
210 lateral jumps

Time cap: 15 min.

1 WALL WALK	1	
10 LATERAL JUMPS	11	
3 WALL WALKS	14	TIME
30 LATERAL JUMPS	44	
6 WALL WALKS	50	TIME
60 LATERAL JUMPS	110	
9 WALL WALKS	119	TIME
90 LATERAL JUMPS	209	
15 WALL WALKS	224	TIME
150 LATERAL JUMPS	374	
21 WALL WALKS	395	TIME
210 LATERAL JUMPS	605	
		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. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.1 - 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 21.1

ADAPTIVE - UPPER EXTREMITY

For time:

1 set of alternating lunges + burpee
10 double-unders
3 sets of alternating lunges + burpees
30 double-unders
6 sets of alternating lunges + burpees
60 double-unders
9 sets of alternating lunges + burpees
90 double-unders
15 sets of alternating lunges + burpees
150 double-unders
21 sets of alternating lunges + burpees
210 double-unders

Time cap: 15 min.

1 SET OF ALTERNATING LUNGES + BURPEE	1	
10 DOUBLE-UNDERS	11	
3 SETS OF ALTERNATING LUNGES + BURPEES	14	TIME
30 DOUBLE-UNDERS	44	
6 SETS OF ALTERNATING LUNGES + BURPEES	50	TIME
60 DOUBLE-UNDERS	110	
9 SETS OF ALTERNATING LUNGES + BURPEES	119	TIME
90 DOUBLE-UNDERS	209	
15 SETS OF ALTERNATING LUNGES + BURPEES	224	TIME
150 DOUBLE-UNDERS	374	
21 SETS OF ALTERNATING LUNGES + BURPEES	395	TIME
210 DOUBLE-UNDERS	605	

TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - UPPER EXTREMITY

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____

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 21.1

ADAPTIVE - LOWER EXTREMITY

For time:

- 1 set of alternating shoulder taps + push-up
- 10 single-unders
- 3 sets of alternating shoulder taps + push-ups
- 30 single-unders
- 6 sets of alternating shoulder taps + push-ups
- 60 single-unders
- 9 sets of alternating shoulder taps + push-ups
- 90 single-unders
- 15 sets of alternating shoulder taps + push-ups
- 150 single-unders
- 21 sets of alternating shoulder taps + push-ups
- 210 single-unders

Time cap: 15 min.

1	SET OF ALTERNATING SHOULDER TAPS + PUSH-UP	1	
10	SINGLE-UNDERS	11	
3	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	14	TIME
30	SINGLE-UNDERS	44	
6	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	50	TIME
60	SINGLE-UNDERS	110	
9	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	119	TIME
90	SINGLE-UNDERS	209	
15	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	224	TIME
150	SINGLE-UNDERS	374	
21	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	395	TIME
210	SINGLE-UNDERS	605	TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - LOWER EXTREMITY

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1

ADAPTIVE - NEUROMUSCULAR

For time:

- 1 set of alternating shoulder taps + knee push-up
- 10 lateral hops
- 3 sets of alternating shoulder taps + knee push-ups
- 30 lateral hops
- 6 sets of alternating shoulder taps + knee push-ups
- 60 lateral hops
- 9 sets of alternating shoulder taps + knee push-ups
- 90 lateral hops
- 15 sets of alternating shoulder taps + knee push-ups
- 150 lateral hops
- 21 sets of alternating shoulder taps + knee push-ups
- 210 lateral hops

Time cap: 15 min.

1 SET OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UP	1	
10 LATERAL HOPS	11	
3 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS	14	TIME
30 LATERAL HOPS	44	
6 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS	50	TIME
60 LATERAL HOPS	110	
9 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS	119	TIME
90 LATERAL HOPS	209	
15 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS	224	TIME
150 LATERAL HOPS	374	
21 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS	395	TIME
210 LATERAL HOPS	605	

TIME

Athlete Name _____

Print

Time OR Reps at 15 Minutes _____

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 21.1 - ADAPTIVE - NEUROMUSCULAR

Athlete Name _____

Print

Time OR Reps at 15 Minutes _____

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 21.1

ADAPTIVE - VISUAL IMPAIRMENT

For time:

- 1 set of alternating shoulder taps + push-up
- 10 double-unders
- 3 sets of alternating shoulder taps + push-ups
- 30 double-unders
- 6 sets of alternating shoulder taps + push-ups
- 60 double-unders
- 9 sets of alternating shoulder taps + push-ups
- 90 double-unders
- 15 sets of alternating shoulder taps + push-ups
- 150 double-unders
- 21 sets of alternating shoulder taps + push-ups
- 210 double-unders

Time cap: 15 min.

1 SET OF ALTERNATING SHOULDER TAPS + PUSH-UP	1	
10 DOUBLE-UNDERS	11	
3 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	14	TIME
30 DOUBLE-UNDERS	44	
6 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	50	TIME
60 DOUBLE-UNDERS	110	
9 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	119	TIME
90 DOUBLE-UNDERS	209	
15 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	224	TIME
150 DOUBLE-UNDERS	374	
21 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	395	TIME
210 DOUBLE-UNDERS	605	TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - VISUAL IMPAIRMENT

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1

ADAPTIVE - SHORT STATURE

For time:

- 1 set of alternating shoulder taps + push-up
- 10 double-unders
- 3 sets of alternating shoulder taps + push-ups
- 30 double-unders
- 6 sets of alternating shoulder taps + push-ups
- 60 double-unders
- 9 sets of alternating shoulder taps + push-ups
- 90 double-unders
- 15 sets of alternating shoulder taps + push-ups
- 150 double-unders
- 21 sets of alternating shoulder taps + push-ups
- 210 double-unders

Time cap: 15 min.

1	SET OF ALTERNATING SHOULDER TAPS + PUSH-UP	1	
10	DOUBLE-UNDERS	11	
3	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	14	TIME
30	DOUBLE-UNDERS	44	
6	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	50	TIME
60	DOUBLE-UNDERS	110	
9	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	119	TIME
90	DOUBLE-UNDERS	209	
15	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	224	TIME
150	DOUBLE-UNDERS	374	
21	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	395	TIME
210	DOUBLE-UNDERS	605	TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - SHORT STATURE

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1

ADAPTIVE - SEATED WITH HIP FUNCTION

For time:

1 set of alternating shoulder taps + push-up
10 DB core twists
3 sets of alternating shoulder taps + push-ups
30 DB core twists
6 sets of alternating shoulder taps + push-ups
60 DB core twists
9 sets of alternating shoulder taps + push-ups
90 DB core twists
15 sets of alternating shoulder taps + push-ups
150 DB core twists
21 sets of alternating shoulder taps + push-ups
210 DB core twists

♀ 20-lb. dumbbell

♂ 35-lb. dumbbell

Time cap: 15 min.

1 SET OF ALTERNATING SHOULDER TAPS + PUSH-UP	1	
10 DB CORE TWISTS	11	
3 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	14	TIME
30 DB CORE TWISTS	44	
6 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	50	TIME
60 DB CORE TWISTS	110	
9 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	119	TIME
90 DB CORE TWISTS	209	
15 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	224	TIME
150 DB CORE TWISTS	374	
21 SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	395	TIME
210 DB CORE TWISTS	605	TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - SEATED WITH HIP FUNCTION

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____

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 21.1

ADAPTIVE - SEATED W/O HIP FUNCTION

For time:

1 set of alternating shoulder taps + push-up
10 DB core twists
3 sets of alternating shoulder taps + push-ups
30 DB core twists
6 sets of alternating shoulder taps + push-ups
60 DB core twists
9 sets of alternating shoulder taps + push-ups
90 DB core twists
15 sets of alternating shoulder taps + push-ups
150 DB core twists
21 sets of alternating shoulder taps + push-ups
210 DB core twists

♀ 15-lb. dumbbell

♂ 25-lb. dumbbell

Time cap: 15 min.

1	SET OF ALTERNATING SHOULDER TAPS + PUSH-UP	1	
10	DB CORE TWISTS	11	
3	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	14	TIME
30	DB CORE TWISTS	44	
6	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	50	TIME
60	DB CORE TWISTS	110	
9	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	119	TIME
90	DB CORE TWISTS	209	
15	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	224	TIME
150	DB CORE TWISTS	374	
21	SETS OF ALTERNATING SHOULDER TAPS + PUSH-UPS	395	TIME
210	DB CORE TWISTS	605	TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - SEATED W/O HIP FUNCTION

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1
ADAPTIVE - INTELLECTUAL

For time:

1 hand-release knee push-up
10 lateral hops
3 hand-release knee push-ups
30 lateral hops
6 hand-release knee push-ups
60 lateral hops
9 hand-release knee push-ups
90 lateral hops
15 hand-release knee push-ups
150 lateral hops
21 hand-release knee push-ups
210 lateral hops

Time cap: 15 min.

1 HAND-RELEASE PUSH-UP		1	
10 LATERAL HOPS		11	
3 HAND-RELEASE PUSH-UPS		14	TIME
30 LATERAL HOPS		44	
6 HAND-RELEASE PUSH-UPS		50	TIME
60 LATERAL HOPS		110	
9 HAND-RELEASE PUSH-UPS		119	TIME
90 LATERAL HOPS		209	
15 HAND-RELEASE PUSH-UPS		224	TIME
150 LATERAL HOPS		374	
21 HAND-RELEASE PUSH-UPS		395	TIME
210 LATERAL HOPS		605	

TIME

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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 21.1 - ADAPTIVE - INTELLECTUAL

Athlete Name _____
Print

Time OR Reps at 15 Minutes _____

Workout Location _____ **Judge** _____
Judge Name

Tiebreak Time _____

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