

## WORKOUT 22.1

### ADAPTIVE - NEUROMUSCULAR

Complete as many rounds as possible in 15 minutes of:

10 hand-release push-ups

10 dumbbell snatches

10 box jumps

♀ 20-lb dumbbell, 20-in box

♂ 35-lb dumbbell, 24-in box

### NOTES

A prescribed floor plan is not provided. Athletes may set up their workout area however they desire. If filming for a video submission, athletes must be in full view of the camera so all movements can be clearly seen.

This workout begins with the athlete standing tall. After the call of "3, 2, 1... go," the athlete will perform 10 hand-release push-ups followed by 10 dumbbell snatches, alternating arms after each repetition. Once the dumbbell snatches are complete, the athlete will then perform 10 box jumps. Upon completion of the box jumps, the athlete will return to the hand-release push-ups for the next round.

The athlete's score will be the total number of repetitions completed before the 15-minute time cap.

There is no tiebreak for this workout.

### EQUIPMENT

- Dumbbell of appropriate weight for the athlete's division.\*
- Box of appropriate height for the athlete's division.

If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb) and 10 kg (20 lb).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

- Film the dumbbell and box so the loads and height can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.

## MOVEMENT STANDARDS

### HAND-RELEASE PUSH-UP



- Every rep begins and ends with the athlete in a plank position with:
  - the shoulders, hips, and knees in a straight line;
  - the elbows locked out; and
  - the feet no wider than shoulder width.
- This straight body position must be maintained throughout the push-up. Snaking, sagging, or pushing up from the knees is not permitted.

- At the bottom, the chest (nipple line or above) must touch the floor.
- The hands must clearly leave the ground.



- The rep is credited when the athlete returns to the plank position with:
  - the shoulders, hips, and knees in a straight line;
  - the elbows locked out; and
  - the feet no wider than shoulder width.

## MOVEMENT STANDARDS

### DUMBBELL SNATCH



- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go is permitted. Bouncing the dumbbell is not allowed.
- Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.
- If an athlete is incapable of alternating arms, the athlete must submit a modification request in accordance with section 19 of the Adaptive Athlete Policy.
- The non-lifting hand or arm may **NOT** make contact with the legs or other parts of the body during the repetition.
- The rep is credited when:
  - the arms, hips, and knees are fully extended; and
  - the dumbbell is clearly over the middle of the athlete's body when viewed from profile.
- The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.
- Athletes may receive assistance moving or resetting the dumbbell.

## MOVEMENT STANDARDS

### BOX JUMP



- The athlete starts with both feet on the ground in front of the box.
- Athletes may touch the box with their hands but may not use their upper body to assist in the ascent.



- Athletes may jump or step up onto the top of the box. Only the athlete's feet may touch the box.



- The rep is credited when the athlete is standing tall on the box with legs and hips fully extended.
- After finishing the repetition on top of the box, the athlete may jump or step off.
- Rebounding is **NOT** permitted.

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	10 HAND-RELEASE PUSH-UPS	10 DUMBBELL SNATCHES	10 BOX JUMPS
ROUND 1	10	20	30
ROUND 2	40	50	60
ROUND 3	70	80	90
ROUND 4	100	110	120
ROUND 5	130	140	150
ROUND 6	160	170	180
ROUND 7	190	200	210
ROUND 8	220	230	240
ROUND 9	250	260	270
ROUND 10	280	290	300
ROUND 11	310	320	330
ROUND 12	340	350	360
ROUND 13	370	380	390
ROUND 14	400	410	420
ROUND 15	430	440	450

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

Reps at 15 Min. \_\_\_\_\_

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

Athlete Copy

**WORKOUT 22.1 - ADAPTIVE - NEUROMUSCULAR**

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

Reps at 15 Min. \_\_\_\_\_

Workout Location \_\_\_\_\_

Judge \_\_\_\_\_  
 Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

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 Judge Signature Date