

WORKOUT 22.1

ADAPTIVE - SHORT STATURE

Complete as many rounds as possible in 15 minutes of:

3 wall walks

12 dumbbell snatches

15 box jump-overs

♀ 15-lb dumbbell, 11-in box or plates

♂ 25-lb dumbbell, 15-in box or plates

NOTES

Prior to starting, measure and mark the tape line for the wall walks.

The workout begins with the athlete standing tall behind the wall walk line facing the wall. After the call of "3, 2, 1... go," the athlete will step past the line, turn around, and perform 3 wall walks, followed by 12 dumbbell snatches, alternating arms after each repetition. Once the dumbbell snatches are complete, the athlete will then perform 15 box jump-overs. Upon completion of the box jump-overs, the athlete will return to the wall walks 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 or plates 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.

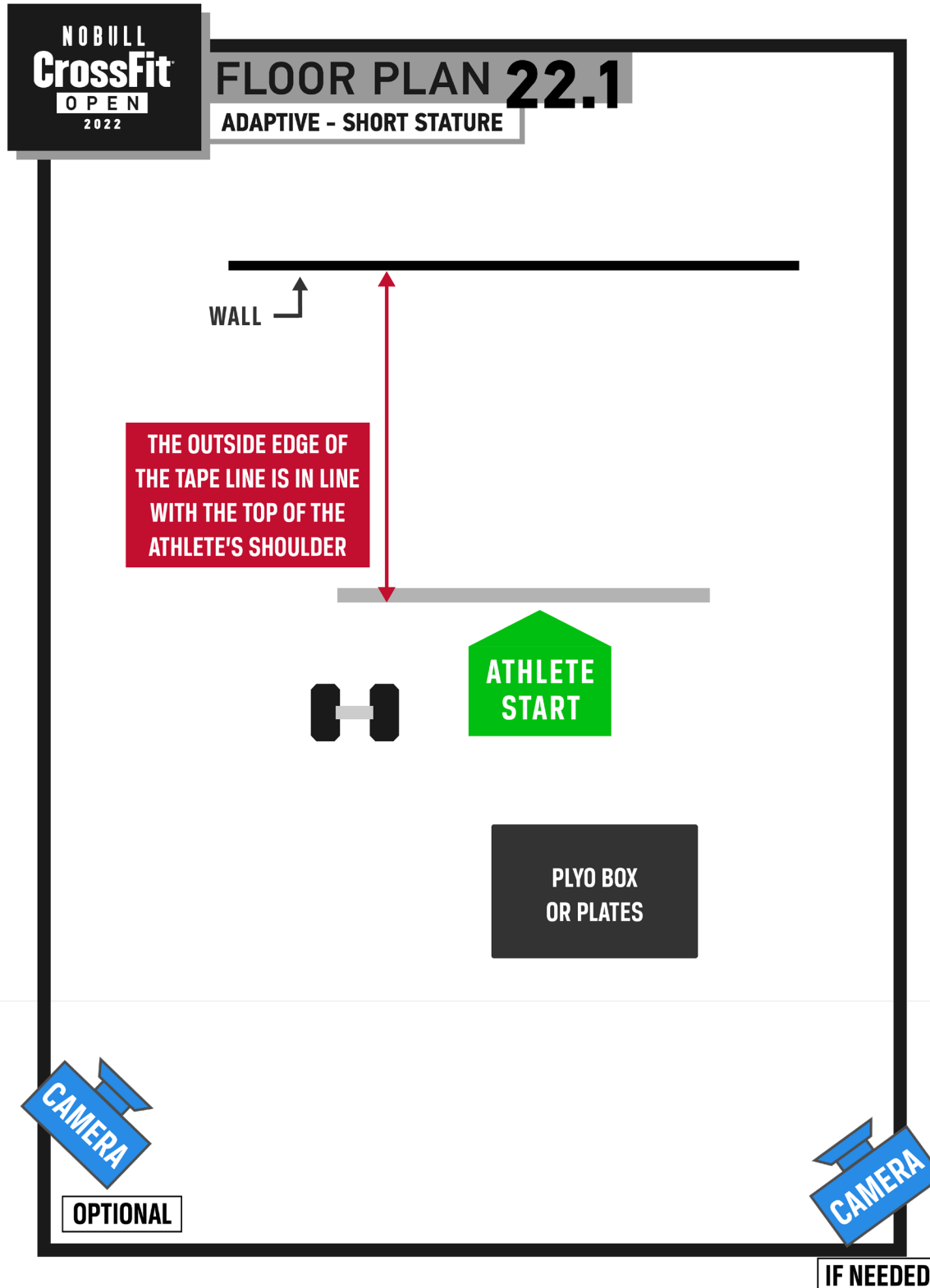
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 11 kg (25 lb) and 7 kg (15 lb).

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.

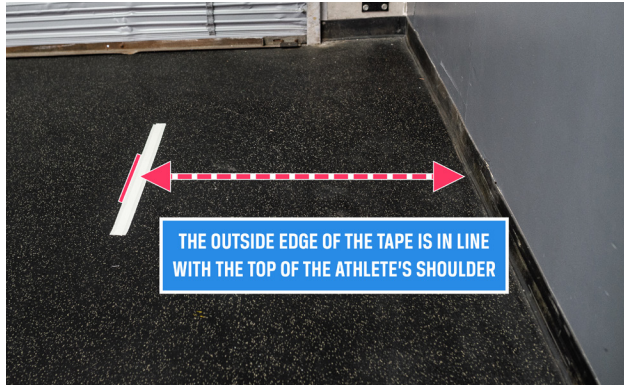
VIDEO SUBMISSION STANDARDS

- Film the measuring process for the wall walk.
- 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

WALL WALK



- With the athlete lying down, chest and thighs touching the ground, legs fully extended, and feet together touching the wall, place a single mark at the top of the athlete's shoulder. Place a tape line so the edge of the tape furthest from the wall is in line with the shoulder.
- The line must be 2 inches wide.



- Every repetition begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of every repetition, both hands must be in front of the tape line (further from the wall).
- No part of the hand may be touching the line.



- Both hands must remain in front of the tape until both feet are on the wall.

MOVEMENT STANDARDS

WALL WALK (CONTINUED)



- The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line (closer to the wall).
- The fingers may **NOT** be touching the tape line.



- On the descent, the feet must remain on the wall until both hands are in front of the tape line.
- No part of the hand may be touching the line.



- The rep is credited when:
 - the athlete returns to the starting position;
 - both hands are in front of the line (away from the wall); and
 - chest, thighs, and feet are touching the ground.

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.
- 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 athlete's arm, 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 not receive assistance in moving or resetting the dumbbell.

MOVEMENT STANDARDS

BOX JUMP-OVER



- The athlete starts with both feet on the ground on one side of the box or plates.
- If using a box, athletes may **NOT** angle the box and jump up on the corner.
- A lateral jump over the box (starting with the feet parallel to the box) or plates is permitted.



- A two-foot takeoff is always required, and only the athlete's feet may touch the box or plates.
- After landing on the box, the athlete **MUST** step off to the other side.
- Alternatively, the athlete may jump completely over the box or plates.
- If jumping over, the feet must pass over the box or plate stack, not around it. A two-foot landing is not required.
- There is no requirement to stand tall while on top of the box or plates.



- Athletes **MUST** step down from the box or plates for the rep to count. Rebounding into the next jump is **NOT** permitted.
- The repetition is credited when both feet have touched the ground on the opposite side of the box or plates. From there, the athlete may begin their next repetition.

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	3 WALL WALKS	12 DUMBBELL SNATCHES	15 BOX JUMP-OVERS
ROUND 1	3	15	30
ROUND 2	33	45	60
ROUND 3	63	75	90
ROUND 4	93	105	120
ROUND 5	123	135	150
ROUND 6	153	165	180
ROUND 7	183	195	210
ROUND 8	213	225	240
ROUND 9	243	255	270
ROUND 10	273	285	300
ROUND 11	303	315	330
ROUND 12	333	345	360
ROUND 13	363	375	390
ROUND 14	393	405	420
ROUND 15	423	435	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

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Print

Reps at 15 Min. _____

Workout Location _____

Judge _____
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