

WORKOUT 22.1

ADAPTIVE - UPPER EXTREMITY

Complete as many rounds as possible in 15 minutes of:

15-ft dumbbell overhead lunges

12 dumbbell snatches

15 box jump-overs

♀ 20-lb dumbbell, 20-in box

♂ 35-lb dumbbell, 24-in box

Athletes eligible in section 11.3.4 of the Adaptive Athlete Policy:

♀ 20-lb dumbbell, 18-in box

♂ 35-lb dumbbell, 20-in box

NOTES

Prior to starting, mark four lines on the ground, each 5 feet apart, for the dumbbell overhead lunges. Each 5-foot distance equals 1 rep.

This workout begins with the athlete standing tall behind the start line for the dumbbell overhead lunges with the dumbbell on the ground. After the call of "3, 2, 1... go," the athlete will perform 15 ft of dumbbell overhead walking lunges, followed by 12 dumbbell snatches. 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 dumbbell overhead lunges 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. The top of the box must be at least 15-by-15 inches.

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.

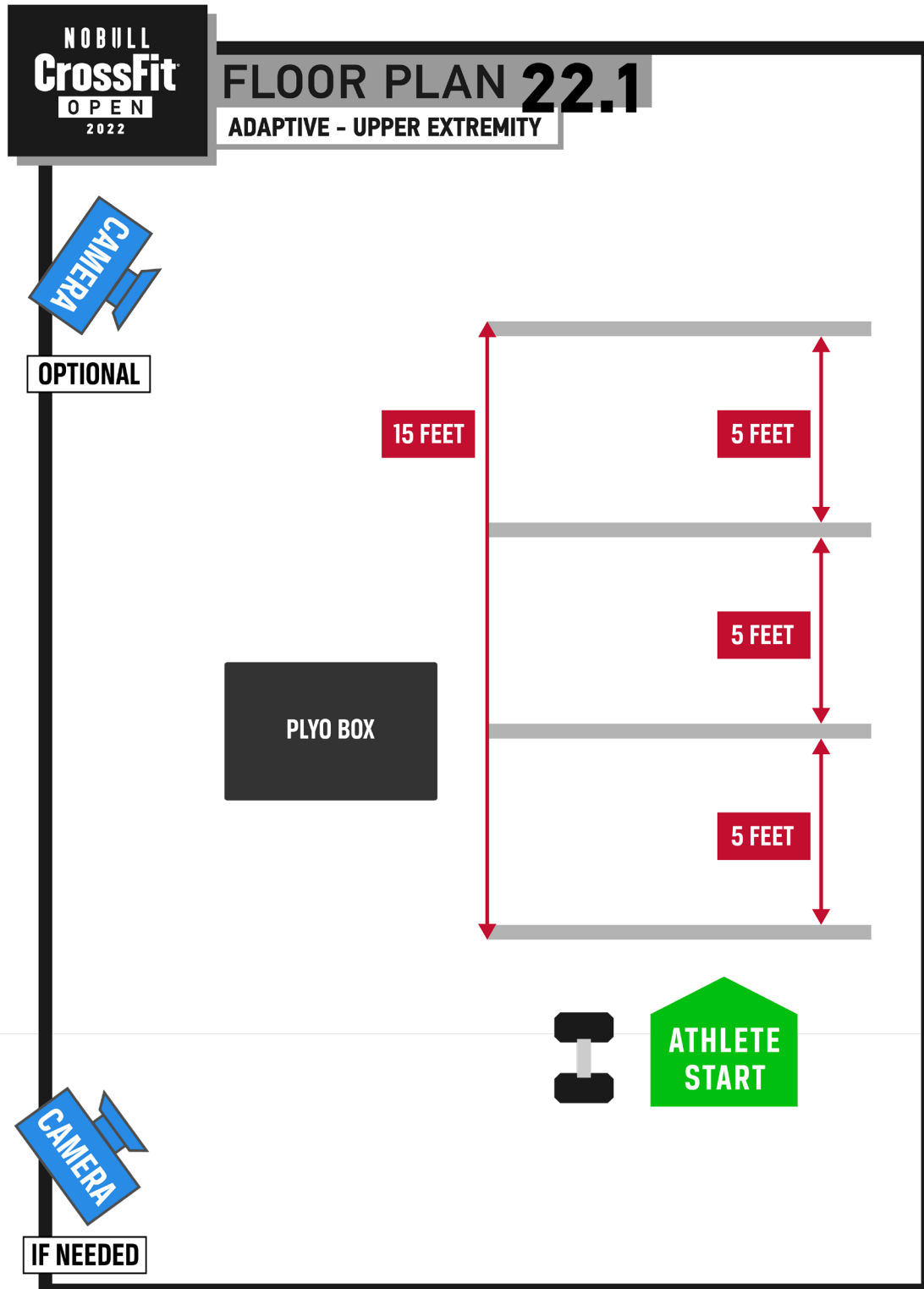
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb) and 10 kg (20 lb).

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, box, and lunge segment setup so the loads, height, and distance 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

DUMBBELL OVERHEAD LUNGE



- This is a single-arm overhead walking lunge.
- Each lunge begins with a dumbbell overhead, the feet together, and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted.
- Athletes must use the same arm throughout the workout and may **NOT** switch arms, even in subsequent rounds.



- At the bottom of the overhead lunge, the trailing knee must make contact with the ground, and the dumbbell must be above the height of the athlete's head.
- If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed 5-foot section in order to continue.



- The rep is credited when:
 - the athlete gets both heels across the line,
 - both heads of the dumbbell are above the height of the athlete's head, and
 - hips and knees are fully extended.
- Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- The athlete must alternate which foot leads for each step. Athletes eligible in section 11.3.4 of the Adaptive Athlete Policy may choose to not alternate and may lunge with the same leg.
- Shuffle steps between lunges are not allowed.
- Each 5-foot section will count as 1 rep.
- If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 5-foot section successfully completed.

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 may not alternate arms after each repetition. Athletes must use the same arm throughout the workout and must use the same arm as used for the dumbbell overhead lunges.
- 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.
- Do **NOT** angle the box and jump or step up on the corner.
- A lateral jump over the box (starting with the feet parallel to the box) **IS** permitted.



- A two-foot takeoff is always required, and only the athlete's feet may touch the box. Athletes eligible in section 11.3.4 of the Adaptive Athlete Policy may choose to perform step-ups instead of jumps. Both feet **MUST** touch the top of the box if stepping up and over.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required.
- There is no requirement to stand tall while on top of the box.



- Athletes **MUST** step down from the box for the rep to count. Rebounding into the next jump is **NOT** permitted.



- The rep is credited when both feet have touched the ground on the opposite side of the box. From there, the athlete may begin their next rep.

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	15-FT DUMBBELL OVERHEAD LUNGES	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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I confirm the information above accurately represents the athlete's performance for this workout. _____
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