

WORKOUT 22.1 - FOUNDATIONS

Complete as many rounds as possible in 15 minutes of:

3 bear crawls

12 dumbbell snatches

15 box step-overs

♀ 10-lb dumbbell, 12-in box

♂ 20-lb dumbbell, 12-in box

NOTES

Prior to starting the workout, mark a 5-foot section on the floor for the bear crawl. Each 5-foot distance equals one bear crawl rep.

This workout begins with the athlete standing tall and facing the 5-foot section on the floor for the bear crawl. After the call of "3, 2, 1... go," the athlete must place their hands (entire hand, including palm and fingers) **behind** the mark denoting the start of the segment being attempted. The athlete must completely cross the 5-foot marker with both hands and feet before turning around to begin the next rep. Only forward walking is permitted.

After completing the first three segments of the bear crawl, the athlete will perform 12 dumbbell snatches, alternating arms after each repetition. Once the dumbbell snatches are complete, the athlete will perform 15 box step-overs. Upon completion of the box step-overs, the athlete will return to the bear crawls 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

- Tape to mark the floor for the bear crawls.
- 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 10 kg (20 lb) and 5 kg (10 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 bear crawl.
- 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

BEAR CRAWL



- The bear crawl begins with both hands (entire hand, including palm and fingers) and feet on the ground behind the mark denoting the start of the 5-foot section.
- Reaching across the line and placing hands into the section constitutes a no rep.



- During the bear crawl, the athlete must touch both palms to the floor and keep the hips in line with, or higher than, their head so they are supporting some body weight with their arms. The athlete must walk forward.
- If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, the athlete must restart from behind the start of the 5-foot section.



- Completely cross the 5-foot marker with both hands and feet before turning around to begin the next rep.
- Crossing the 5-foot distance one time equals 1 rep of the bear crawl.

MOVEMENT STANDARDS

DUMBBELL SNATCH



- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- If the athlete does not have the flexibility to touch the dumbbell to the floor with a neutral spine, they may complete the lift from the hang.
- 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 STEP-OVER



- Start with both feet on the ground and face the side of the box.
- Do **NOT** angle the box and step up on the corner.



- The athlete will step up to the top of the box and then step down on the other side.
- Only the athlete's feet may touch the box.
- Both feet **MUST** touch the top of the box when stepping over.
- 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.



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

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	3 BEAR CRAWLS	12 DUMBBELL SNATCHES	15 BOX STEP-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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