

WORKOUT 1

For time:

50 dumbbell walking lunges
30 handstand push-ups
40 front-rack walking lunges
20 deficit handstand push-ups
30 overhead walking lunges
10 strict handstand push-ups

♀ *2 x 35-lb dumbbells for all lunges, 2-in deficit*

♂ *2 x 50-lb dumbbells for all lunges, 3.5-in deficit*

Time cap: 15 minutes

NOTES

Prior to starting, athletes must set up the competition area as shown in the floor plan with a box for the kipping and strict handstand push-ups and a separate setup for the deficit handstand push-ups.

This workout begins with the athlete standing inside the handstand push-up box. After the call of "3, 2, 1... go," the athlete will step over the line and perform 50 dumbbell walking lunges, holding the dumbbells in the hang position and taking 10 steps in one direction before turning around. Once the dumbbell walking lunges are complete, the athlete will perform 30 handstand push-ups. Upon completion of the handstand push-ups, the athlete will return to the dumbbells and perform 40 walking lunges with the dumbbells in the front-rack position. Upon completion of the 40 walking lunges the athlete will return to the wall and perform 20 deficit handstand push-ups. Finally, the athlete will perform 30 overhead walking lunges and 10 strict handstand push-ups. Time stops when the athlete reaches lockout in the final handstand push-up.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap.

Athletes may not receive assistance moving or resetting the dumbbells.

There is no tiebreak for this workout.

EQUIPMENT

- Tape to mark the floor for the handstand push-ups and 5-ft (152-cm) line
- Dumbbells of appropriate weight for the athlete's division*
- Gymnastics grips may **NOT** be worn during this workout.

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.

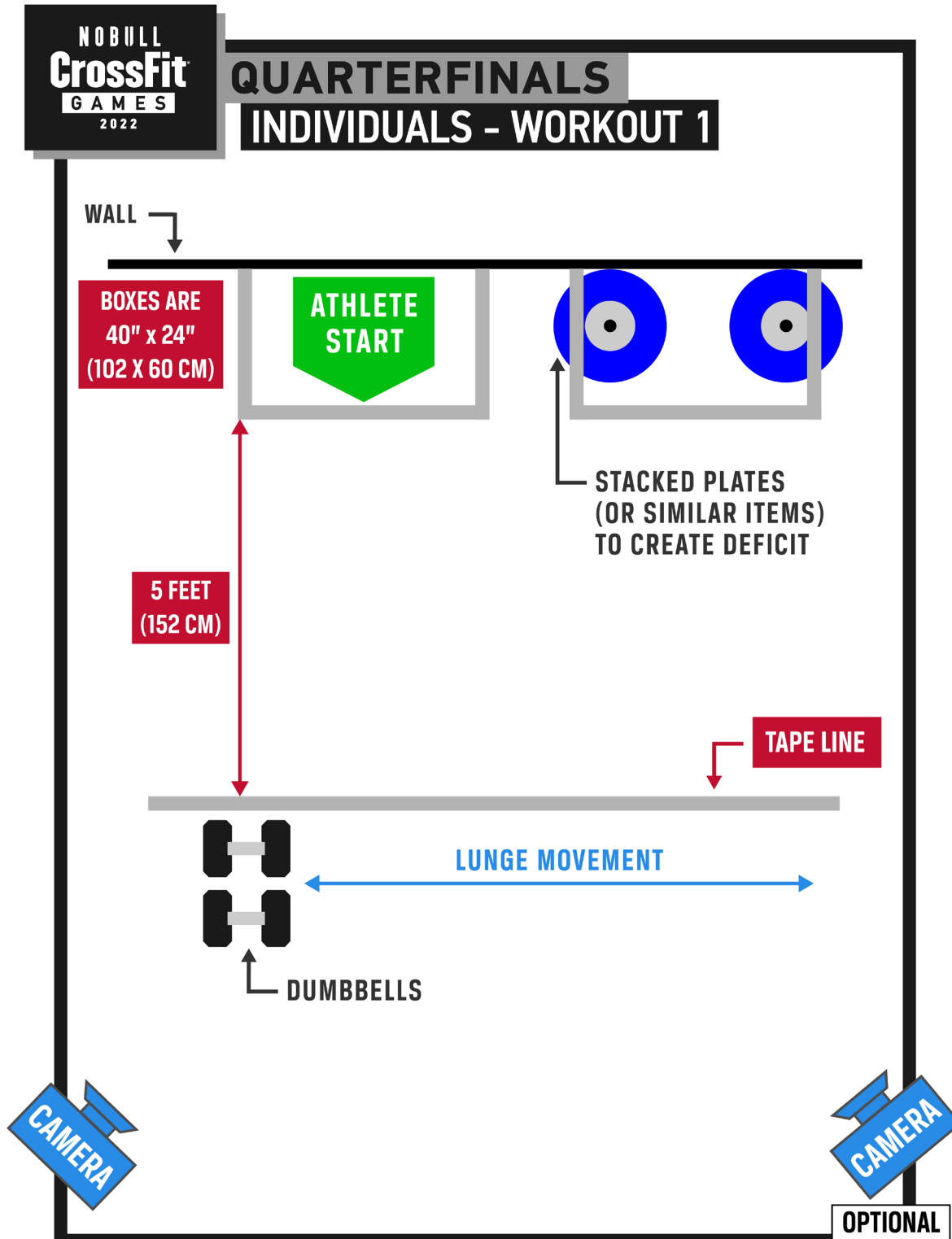
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb) and 15 kg (35 lb).

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 **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.



MOVEMENT STANDARDS

WALKING LUNGE, ALL VARIATIONS

HANG



FRONT RACK



OVERHEAD



- Each lunge step begins with the dumbbells in the appropriate position, the feet together, and the hips and legs extended.

HANG



FRONT RACK



OVERHEAD



- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.

HANG



FRONT RACK



OVERHEAD



- The rep is credited when the feet are together and the hips and legs are fully extended.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- Lunging more than 10 steps in one direction before turning around is not allowed.
- Athletes must lunge in a straight path. After turning around, athletes must lunge back along the same path. Lunging in any other pattern is not allowed.

MOVEMENT STANDARDS

WALKING LUNGE, ALL VARIATIONS (CONTINUED)

HANG



- During the 50 walking lunges, the dumbbells must be held at the hang.
- No portion of the dumbbell may be supported by the legs or torso.

FRONT RACK



- During the front-rack walking lunges:
 - The dumbbells must remain at the shoulders.
 - A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
 - Resting the head of the dumbbells on the shoulders is allowed.
 - Resting the handle of the dumbbell or the hands directly on the shoulder is **NOT** allowed.
 - Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is **NOT** allowed.
 - The athlete must reach the finish position of a repetition before lowering the dumbbells from the shoulders.

MOVEMENT STANDARDS

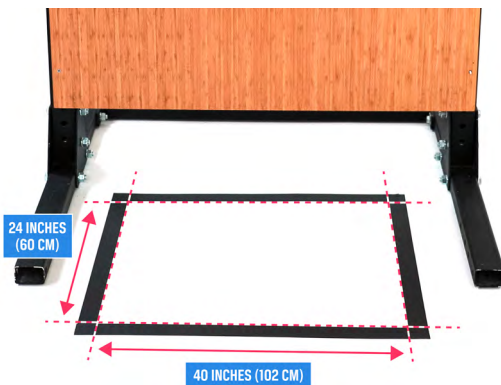
WALKING LUNGE, ALL VARIATIONS (CONTINUED)

OVERHEAD

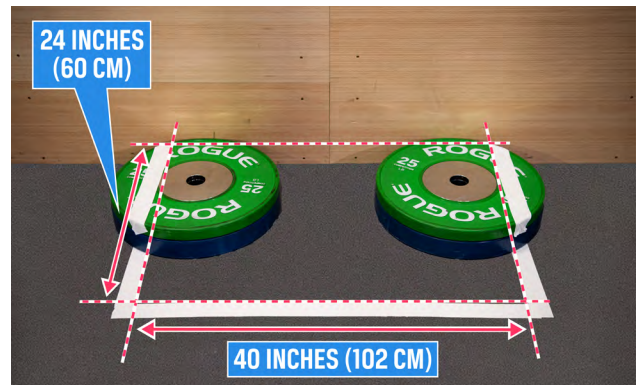


- During the overhead walking lunges:
 - The dumbbells must remain overhead.
 - A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
 - Resting the head of the dumbbell in the hand is **NOT** allowed.
 - The dumbbells and/or hands cannot be held or pressed together.
 - The athlete must reach the finish position of a repetition before lowering the dumbbells from overhead.

HANDSTAND PUSH-UP, ALL VARIATIONS



- The inside of the box for the handstand push-up must measure 40 in (102 cm) wide and 24 in (60 cm) deep.



- The box must be on the same surface as the hands (i.e., if using an elevated platform, the tape must be on the platform, not on the floor beneath).

MOVEMENT STANDARDS

HANDSTAND PUSH-UP, ALL VARIATIONS (CONTINUED)



- The height of the deficit must be:
 - Women: 2 in (5 cm)
 - Men: 3.5 in (9 cm)
- During the deficit handstand push-ups, the hands must remain inside the designated box.
- The hands, including the fingers, must remain on the top of the surface creating the deficit. Gripping the sides of the surface creating the deficit will **NOT** count.
- If using a standard bumper plate or plates to create the deficit, the plates must be touching the wall.

KIPPING



DEFICIT



STRICT



- The arms must be fully extended and in line with the body before the athlete can descend.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body.
- The hands must remain inside the designated box.
- If any part of the hand, including any part of the fingers, touches the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position.

MOVEMENT STANDARDS

HANDSTAND PUSH-UP, ALL VARIATIONS (CONTINUED)

KIPPING



DEFICIT



STRICT



- At the bottom, the head must make contact with the ground.
- During any kipping and strict reps, if the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- Kipping **IS ALLOWED** during the first set of 30 handstand push-ups and the set of 20 deficit handstand push-ups. At the lockout of each repetition, the feet may be no wider than the width of the hands.
- Kipping **IS NOT ALLOWED** during the last set of 10 strict handstand push-ups. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. During the strict repetitions the feet may be no wider than the width of the hands at any point.

KIPPING



DEFICIT



STRICT



- Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.



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GOWOD
MOBILITY FIRST

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2-in deficit

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3.5-in deficit

Time cap: 15 minutes

50 DUMBBELL WALKING LUNGES	__10 __20 __30 __40 __50 50
30 HANDSTAND PUSH-UPS	80
40 FRONT-RACK WALKING LUNGES	__10 __20 __30 __40 120
20 DEFICIT HANDSTAND PUSH-UPS	140
30 OVERHEAD WALKING LUNGES	__10 __20 __30 170
10 STRICT HANDSTAND PUSH-UPS	180

Athlete Name _____
Print

Time or 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

QUARTERFINALS - INDIVIDUALS - WORKOUT 1

Athlete Name _____
Print

Time or 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. _____
Judge Signature Date