

WORKOUT 22.3

ADAPTIVE - INTELLECTUAL

For time:

21 jumping pull-ups
42 single-unders
21 thrusters
18 jumping chest-to-bar pull-ups
36 single-unders
18 thrusters
15 pull-ups
30 single-unders
15 thrusters

♀ 45 lb

♂ 65 lb

Time cap: 12 minutes

NOTES

Prior to starting the workout, athletes must set up a competition area as follows:

- Mark a line directly under the pull-up bar.
- Mark a second line 8 feet (2.45 meters) away from the line under the pull-up bar.

This workout begins with the athlete facing the pull-up bar and standing behind the 8-ft (2.45-m) line measured from the line directly under the pull-up bar. After the call of "3, 2, 1 ... go," the athlete will perform 21 jumping pull-ups, then 42 single-unders, followed by 21 thrusters. Next, the athlete will return to the pull-up bar and perform 18 jumping chest-to-bar pull-ups, then 36 single-unders and 18 thrusters. Finally, the athlete will perform 15 pull-ups, 30 single-unders, and 15 thrusters.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 12-minute time cap.

TIEBREAK

If the athlete completes the entire workout prior to the 12-minute time cap, their score will be their total time, and there will be no tiebreaker. If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their score. During the workout, be sure to note the athlete's time at the end of each of the first two sets of thrusters. When the athlete

submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed either the set of 21 thrusters or the set of 18 thrusters, depending on the athlete's score. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do **NOT** use a countdown timer.

EQUIPMENT

- Barbell
- Standard bumper plates [no larger than 18 inches (46 cm) in diameter] to load to the appropriate weights for the athlete's division*
- Collars to secure the plates on the barbell
- Pull-up bar
- Jump rope
- Tape or chalk to mark the floor

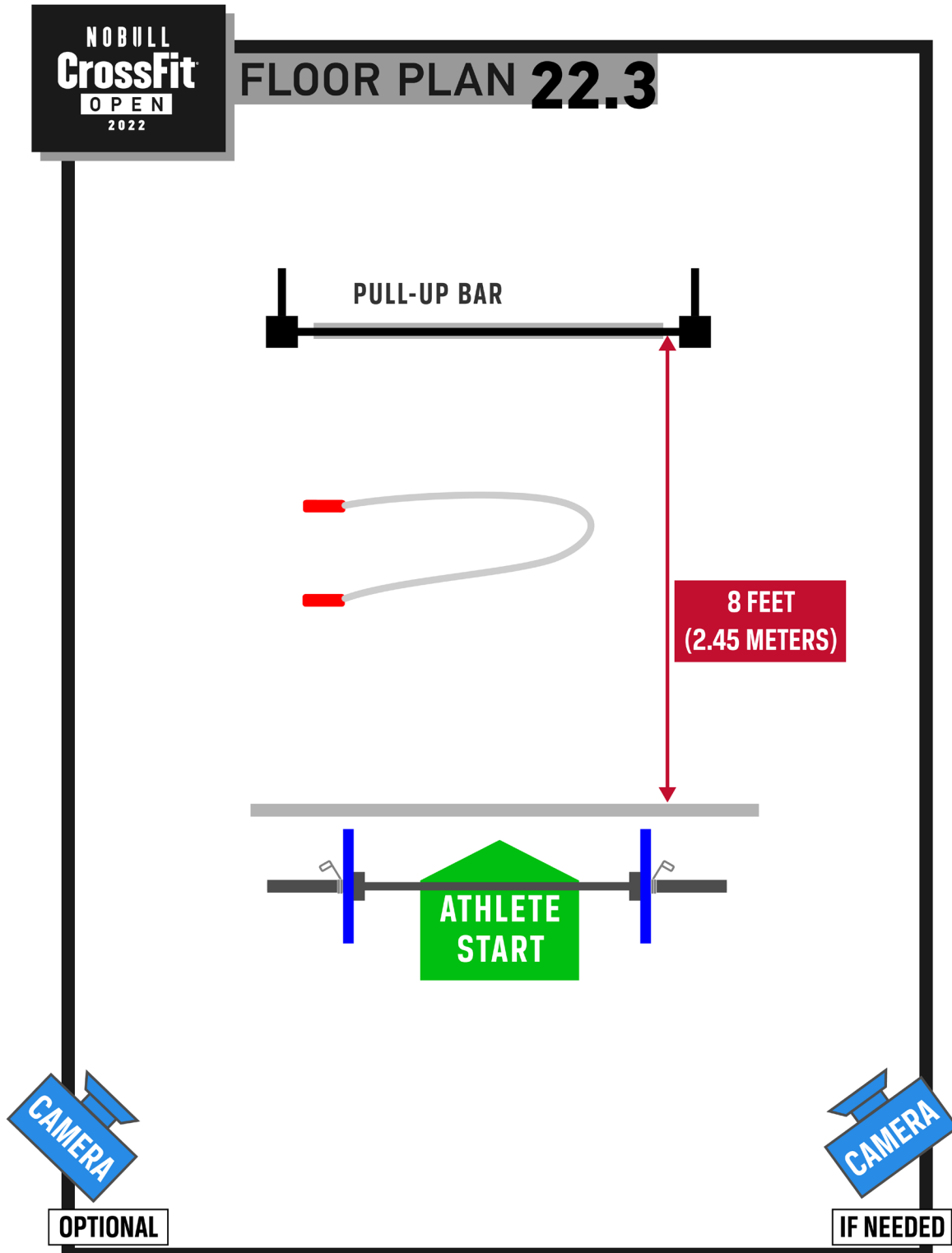
* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the thrusters are 29 kg (65 lb) and 20 kg (45 lb).

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 pull-up bar, plates, and barbell so the loads can be seen clearly.
- Film the measurement of the 8-ft (2.45-m) tape line so the 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

THRUSTER



- The athlete and the barbell must remain on the side of the 8-ft (2.45-m) tape line away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- Athletes may use a box or similar object to sit on at the bottom, or for safety purposes. The box must be set to the athlete's achievable squat depth.



- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended; and
 - the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may receive assistance moving or resetting their barbell.

JUMPING CHIN-OVER-BAR PULL-UP



- The pull-up bar should be set up so it is at least 6 inches (15 cm) above the top of the athlete's head when the athlete is standing tall.



- At the start of each rep, the athlete's arms must be fully extended.
- Any style of grip is permitted as long as the requirements are met.

MOVEMENT STANDARDS

JUMPING CHIN-OVER-BAR PULL-UP (CONTINUED)



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar and wearing hand protection (gymnastics-style grips, gloves, etc.) is **NOT** permitted.

JUMPING CHEST-TO-BAR PULL-UP



- The same setup used for the jumping pull-up is used for the jumping chest-to-bar pull-up.
- At the start of each repetition, the athlete's arms must be fully extended.
- Any style of grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar and wearing hand protection (gymnastics-style grips, gloves, etc.) is **NOT** permitted.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar and wearing hand protection (gymnastics-style grips, gloves, etc.) is **NOT** permitted.

SINGLE-UNDER



- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

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21 JUMPING PULL-UPS		21	
42 SINGLE-UNDERS		63	
21 THRUSTERS		84	
18 JUMPING CHEST-TO-BAR PULL-UPS		102	TIME
36 SINGLE-UNDERS		138	
18 THRUSTERS		156	
15 PULL-UPS		171	TIME
30 SINGLE-UNDERS		201	
15 THRUSTERS		216	TIME

Tiebreak Time _____

Athlete Name _____
Print

Time or Reps at 12 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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Tiebreak Time _____

Athlete Name _____
Print

Time or Reps at 12 Min. _____

Workout Location _____

Judge _____
Judge Name

Has judge passed CrossFit's
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I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date