

WORKOUT 22.3

ADAPTIVE - LOWER EXTREMITY

For time:

21 pull-ups
42 single-unders
21 thrusters (weight 1)
18 chest-to-bar pull-ups
36 single-unders
18 thrusters (weight 2)
15 bar muscle-ups
30 single-unders
15 thrusters (weight 3)

♀ 45 lb, then 55 lb, then 65 lb
♂ 65 lb, then 85 lb, then 105 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 pull-ups, then 42 single-unders, followed by 21 thrusters. Next, the athlete will return to the pull-up bar and perform 18 chest-to-bar pull-ups, then 36 single-unders and 18 thrusters at an increased weight. Finally, the athlete will perform 15 bar muscle-ups, 30 single-unders, and 15 thrusters at yet another increased weight.

Athletes may set up multiple barbells. If one barbell is used, the athlete may receive assistance changing the load on the bar. Receiving any assistance other than to adjust the load is not permitted unless safety is an immediate concern.

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 or 45 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

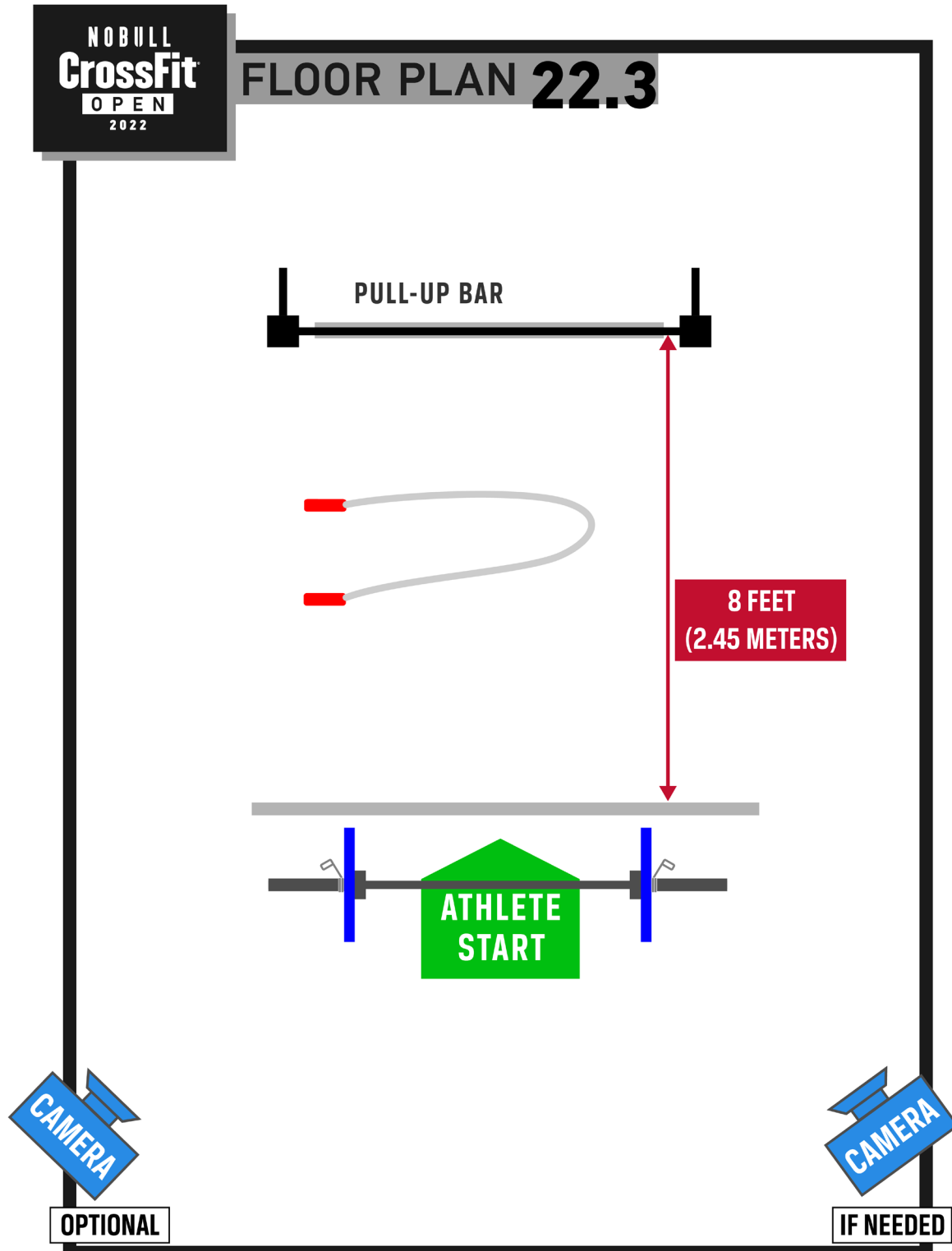
* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the thrusters are 47 kg (105 lb), 38 kg (85 lb), 29 kg (65 lb), 25 kg (55 lb), and 20 kg (45 lb)

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 of the squat, 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 **NOT** receive assistance moving or resetting their barbell.

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 or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other 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 or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

BAR MUSCLE-UP



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



- The athlete must pass through some portion of a dip before locking out over the bar.

MOVEMENT STANDARDS

BAR MUSCLE-UP (CONTINUED)



- The rep is credited when:
 - the athlete's arms are fully locked out in the support position above the bar; and
 - the athlete's shoulders are over or slightly in front of the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.

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 PULL-UPS		21	
42 SINGLE-UNDERS		63	
21 THRUSTERS (WEIGHT 1)		84	
18 CHEST-TO-BAR PULL-UPS		102	TIME
36 SINGLE-UNDERS		138	
18 THRUSTERS (WEIGHT 2)		156	
15 BAR MUSCLE-UPS		171	TIME
30 SINGLE-UNDERS		201	
15 THRUSTERS (WEIGHT 3)		216	TIME

Athlete Name _____
Print

Tiebreak Time _____

Workout Location _____

Judge _____
Judge Name

Time or Reps at 12 Min. _____

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

WORKOUT 22.3 - ADAPTIVE - LOWER EXTREMITY

Athlete Name _____
Print

Tiebreak Time _____

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. _____
Judge Signature Date