

WORKOUT 22.3

ADAPTIVE - UPPER EXTREMITY

For time:

21 jumping chin-over-bar pull-ups

42 double-unders

21 single-arm dumbbell thrusters
(weight 1)

18 jumping chest-to-bar pull-ups

36 double-unders

18 single-arm dumbbell thrusters
(weight 2)

15 jumping chest-to-bar pull-ups

30 double-unders

15 single-arm dumbbell thrusters
(weight 3)

♀ 25 lb, then 30 lb, then 35 lb

♂ 35 lb, then 45 lb, then 50 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-foot (2.45 meter) 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 double-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 double-unders and 18 thrusters at an increased weight. Finally, the athlete will perform 15 jumping chest-to-bar pull-ups, 30 double-unders and 15 thrusters at yet another increased weight.

Athletes may set out multiple dumbbells. If one adjustable dumbbell is used, the athlete may receive assistance changing the load. Receiving any assistance other than to adjust the load is not permitted unless safety is an

immediate concern.

Athletes must use the same arm throughout the workout for the pull-ups and 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 single-arm dumbbell 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 single-arm dumbbell thrusters or the set of 18 single-arm dumbbell 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

- Dumbbells of appropriate weights for the athlete's division*
- 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 22.5 kg (50 lb), 20 kg (45 lb), 15 kg (35 lb), 13 kg (30 lb), and 11 kg (25 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.



OPEN WEEK 3

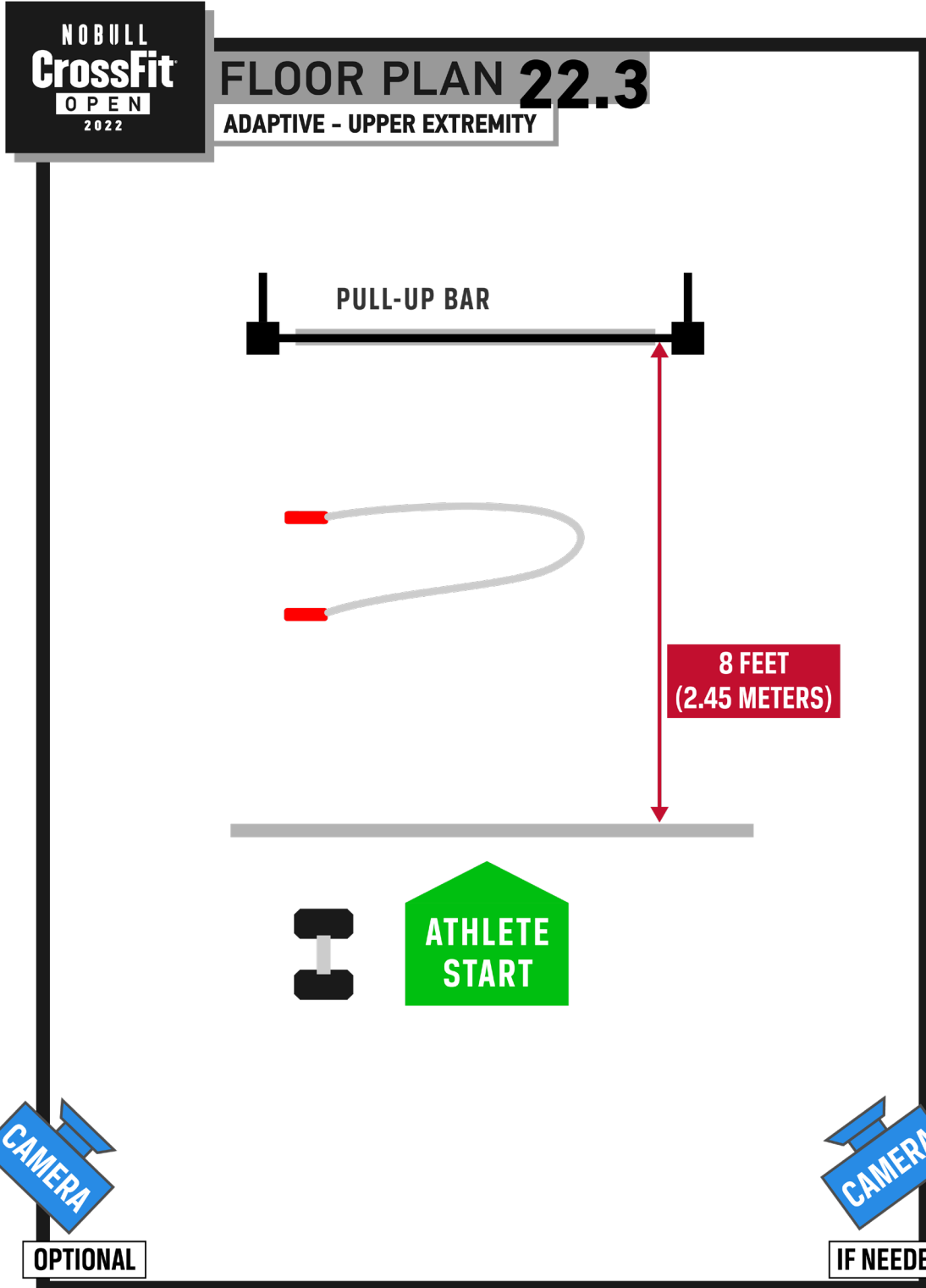
12 P.M. (NOON) PT THURSDAY, MARCH 10, THROUGH 6 P.M. PT MONDAY, MARCH 14

Presented by

THORNE

VIDEO SUBMISSION STANDARDS

- Film the pull-up bar measurement and dumbbells so the loads can be seen clearly.
- Film the measurement of the 8-foot (2.45 meter) 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

SINGLE-ARM DUMBBELL THRUSTER



- The athlete and the dumbbell must remain on the side of the 8-foot (2.45 meter) tape line away from the pull-up bar. If the dumbbell or the athlete's foot touch the line at any time the rep will not count.
- Each set of thrusters begins with the dumbbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed when the dumbbell is taken from the floor.
- Athletes eligible in section 11.3.4 of the Adaptive Athlete Policy 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.
- Athletes must use the same arm throughout the workout and may not alternate.



- 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 repetition must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- Athletes may **NOT** receive assistance moving or resetting their dumbbell.

MOVEMENT STANDARDS

DOUBLE-UNDER



- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.
- For equipment, a monoroop or other modifications to jump rope equipment (e.g., strapping the handle to the forearm) are permitted.

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 arm must be fully extended.
- Athletes may only use one arm (one point of contact) on the pull-up bar.
- Any style of grip is permitted as long as the requirements are met.
- Athletes must use the same arm throughout the workout and may not alternate.

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 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 arm must be fully extended.
- Any style grip is permitted as long as the requirements are met.
- Athletes must use the same arm throughout the workout and may not alternate.



- 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 permitted.

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- 21 jumping chin-over-bar pull-ups
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- 18 jumping chest-to-bar pull-ups
- 36 double-unders
- 18 single-arm dumbbell thrusters (weight 2)
- 15 jumping chest-to-bar pull-ups
- 30 double-unders
- 15 single-arm dumbbell thrusters (weight 3)

- ♀ 25 lb, then 30 lb, then 35 lb
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Time cap: 12 minutes

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

Time or Reps at 12 Min. _____

Athlete Name _____
Print

Tiebreak Time _____

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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Time or Reps at 12 Min. _____

Athlete Name _____
Print

Tiebreak Time _____

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