

## WORKOUT 22.3 - FOUNDATIONS

For time:

- 21 bent-over rows
- 42 jumping jacks
- 21 thrusters
- 18 jumping chin-over-bar pull-ups
- 36 jumping jacks
- 18 thrusters
- 15 jumping chest-to-bar pull-ups
- 30 jumping jacks
- 15 thrusters

♀ 35 lb

♂ 45 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 barbell on the floor and the athlete standing tall next to one end of the barbell. After the call of "3, 2, 1 ... go," the athlete will perform 21 bent-over rows, then 42 jumping jacks, followed by 21 thrusters. Next, the athlete will proceed to the pull-up bar and perform 18 jumping chin-over-bar pull-ups, then 36 jumping jacks and 18 thrusters. Finally, the athlete will perform 15 jumping chest-to-bar pull-ups, 30 jumping jacks and 15 thrusters. If the athlete is feeling ready for a challenge, they may add 5-10 lb on the second and third sets of thrusters.

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

### 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-inch or 45-cm diameter) to load to the appropriate weights for the athlete's division\*
- Collars to secure the plates on the barbell
- Pull-up bar
- 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 20 kg (45 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 the pull-up bar, plates, and barbell 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

### THRUSTER



- The athlete and the barbell must remain on the side of the 8-foot (2.45 meter) tape line away from the pull-up bar. If the athlete's foot touches 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 knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- 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.

### BENT-OVER ROW



- The rep begins with the arms locked out and the barbell below the knee.



- The rep is credited when the barbell makes contact with the athlete's torso.

## MOVEMENT STANDARDS

### JUMPING CHIN-OVER-BAR PULL-UP



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



- At the start of each rep, the athlete's arms must be fully extended.
- 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

### JUMPING CHEST-TO-BAR PULL-UP



- The bar should be at least 6 inches (15 cm) above the top of the head when standing tall.
- Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar.



- At the start of each rep, the athlete must lower until their arms are fully extended.



- The rep is credited when the 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.

**MOVEMENT STANDARDS**

**JUMPING JACK**



- The jumping jack begins with the athlete standing upright with feet together and arms at the sides.



- With a two-foot takeoff, athletes must jump both feet out while reaching up to touch hands together overhead.
- Stepping out is **NOT** permitted.



- The rep is credited when the athlete jumps back and lands in the starting position.

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21 BENT-OVER ROWS	21	
42 JUMPING JACKS	63	
21 THRUSTERS	84	
18 JUMPING CHIN-OVER-BAR PULL-UPS	102	TIME
36 JUMPING JACKS	138	
18 THRUSTERS	156	
15 JUMPING CHEST-TO-BAR PULL-UPS	171	TIME
30 JUMPING JACKS	201	
15 THRUSTERS	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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Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

Workout Location \_\_\_\_\_

Judge \_\_\_\_\_  
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