23.1: (14.4 REPEAT) - FOUNDATIONS

Complete as many reps as possible in 14 minutes of:
- 60 strokes on the rower
- 50 sit-ups
- 40 wall-ball shots
- 30 cleans
- 20 push-ups

♀ 6-lb ball to 9-ft target, 35-lb cleans*
♂ 10-lb ball to 10-ft target, 45-lb cleans*

*The load is a suggested starting point. If you are completing all of the tests in the foundations division, you are free to decrease or increase the load as your skill level allows.

TIEBREAK

Time should be recorded after the completion of each set of cleans. When submitting a score, athletes will enter their total number of reps completed as well as the time at which they completed their last full set of cleans.

In the case of a tie (i.e., athletes complete the same number of reps), the athlete with the lower tiebreak time will be ranked higher.

Do NOT use a countdown timer.

EQUIPMENT

- Tape to mark the floor.
- Concept2 rower.
- AbMat for sit-ups (optional).
- Medicine ball* and target.
- Barbell, plates, and collars.*

* The official weight is in pounds. For your convenience, the minimum acceptable weight in kilograms for the medicine balls are 2.5 kg (6 lb) and 4 kg (10 lb). The minimum acceptable weight in kilograms for the cleans are 20 kg (45 lb) and 15 kg (35 lb).

Be sure the athlete has adequate space to safely complete all 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 test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

NOTES

The wall-ball target and sit-up and push-up stations may be set up in any configuration.

After “3, 2, 1 ... go,” begin by completing 60 strokes on the row, then move to the ground for 50 sit-ups, then to the wall for 40 wall-ball shots, then to the barbell for 30 cleans, then finish the round with 20 push-ups. If you complete all of the movements with time remaining, start over at the row and continue working your way through until time expires.

Your score will be the total number of repetitions completed before the 14-minute time cap.
VIDEO SUBMISSION STANDARDS

• Film **ALL** competition area measurements so the distances and weights can be seen clearly.
• The camera should capture a ¾ view of the athlete during all movements.
• Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
• Videos must be uncut and unedited to accurately display the performance.
• A clock or timer must be visible throughout the test.
• 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.
POINTS OF PERFORMANCE

ROW

• Extend the legs first, then lean back slightly.
• Finish the stroke by pulling the handle toward the sternum.
• To return, first extend the arms, then lean the torso forward and finally flex the knees.
• For a video demonstration of the row, click here.

SIT-UP (OPTION 1)

• Begin by lying on the floor.
• Touch the ground over your head.
• Sit up and touch your feet with both hands.
• For a video demonstration of the sit-up, click here.
POINTS OF PERFORMANCE

SIT-UP (OPTION 2 - REDUCED RANGE OF MOTION)

- Sit up until you touch your knees.
- For a video demonstration of the sit-up with reduced range of motion, click [here](#).

SIT-UP (OPTION 3)

- Perform a seated knee-up by sitting on a couch or chair and pulling your knees into your chest.
- For a video demonstration of the seated knee-up, click [here](#).
POINTS OF PERFORMANCE

WALL-BALL SHOT

- Begin with the medicine ball in your hands.
- Squat until your hip crease is below your knee.
- Maintain an upright position with the spine extended.
- As you stand, extend the hips and legs rapidly, then throw the ball to the target.
- The rep is credited when the center of the ball hits the target clearly above the specified height.

- Catch the ball, then smoothly descend into the next rep.
- If throwing and catching the ball is too challenging, omit the throw. Finish the repetition by extending the arms and bringing the ball overhead.

CLEAN (OPTION 1)

- Keep your heels down and maintain a neutral spine while keeping your eyes on the horizon.
- Keeping your arms straight, quickly extend your hips and legs.
- Rotate your elbows in front of the bar, receiving the bar on your shoulders with your knees slightly bent.
- Finally, stand up with your hips and legs fully extended.
- For a video demonstration of the clean, click here.
POINTS OF PERFORMANCE

CLEAN (OPTION 2 - REDUCED RANGE OF MOTION)

• Begin with the weight in an elevated position (e.g., on parallettes).

CLEAN (OPTION 3 - DEADLIFT)

• If the clean is too advanced, the deadlift is a great option.
• Keep your heels down and maintain a neutral spine with your eyes on the horizon.
• Keeping your arms straight throughout the movement, stand up until your hips and legs are fully extended.
• For a video demonstration of the deadlift, click here.
POINTS OF PERFORMANCE

PUSH-UP (OPTION 1)

- Begin the push-up with your hands approximately shoulder width apart.
- Maintain a neutral spine.
- Keeping your elbows close to the body, begin to descend, lowering until your chest and thighs touch the floor.
- Press back up until your arms are fully extended.
- For a video demonstration of the push-up, click here.

PUSH-UP (OPTION 2 - REDUCED DIFFICULTY)

- Place your hands on an elevated surface to reduce the challenge.
- For a video demonstration of the push-up to an elevated surface, click here.
POINTS OF PERFORMANCE
PUSH-UP (OPTION 3 - KNEES DOWN)

- Perform the push-up from your knees.
- For a video demonstration of the knee push-up, click here.
# 23.1: (14.4 Repeat) - Foundations

Complete as many reps as possible in 14 minutes of:

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Strokes on the Rower</td>
<td></td>
</tr>
<tr>
<td>50 Sit-Ups</td>
<td></td>
</tr>
<tr>
<td>40 Wall-Ball Shots</td>
<td></td>
</tr>
<tr>
<td>30 Cleans</td>
<td></td>
</tr>
<tr>
<td>20 Push-Ups</td>
<td></td>
</tr>
</tbody>
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♀ 6-lb ball to 9-ft target, 35-lb cleans*  
♂ 10-lb ball to 10-ft target, 45-lb cleans*  

*The load is a suggested starting point. If you are completing all of the tests in the foundations division, you are free to decrease or increase the load as your skill level allows.

---

### 23.1: Test 23.1 - Foundations

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<thead>
<tr>
<th>Exercise</th>
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<td>60 Strokes on the Rower</td>
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<tr>
<td>50 Sit-Ups</td>
<td>110</td>
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<tr>
<td>40 Wall-Ball Shots</td>
<td>150</td>
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<tr>
<td>30 Cleans</td>
<td>180</td>
</tr>
<tr>
<td>20 Push-Ups</td>
<td>200</td>
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</tbody>
</table>

**60 Strokes on the Rower**  

**50 Sit-Ups**  

**40 Wall-Ball Shots**  

**30 Cleans**  

**20 Push-Ups**  

---

### Reps at 14 Min. 

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Strokes on the Rower</td>
<td>260</td>
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<tr>
<td>50 Sit-Ups</td>
<td>310</td>
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<tr>
<td>40 Wall-Ball Shots</td>
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<td>30 Cleans</td>
<td>380</td>
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<tr>
<td>20 Push-Ups</td>
<td>400</td>
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</table>

**60 Strokes on the Rower**  

**50 Sit-Ups**  

**40 Wall-Ball Shots**  

**30 Cleans**  

**20 Push-Ups**  

---

### Time

<table>
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<td></td>
</tr>
<tr>
<td>20 Push-Ups</td>
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</tr>
</tbody>
</table>

**60 Strokes on the Rower**  

**50 Sit-Ups**  

**40 Wall-Ball Shots**  

**30 Cleans**  

**20 Push-Ups**  

---

I confirm the information above accurately represents the athlete's performance for this test.

**Athlete Signature**  

**Date**

---

**Test Location**

**Judge**

**Judge Signature**  

**Date**

---

**Has judge passed CrossFit's Online Judges Course?**  

**Y / N**

---

**Test 23.1 - Foundations**

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