



24.1 - FOUNDATIONS:

For time:

21 dumbbell snatches, arm 1
21 burpees
21 dumbbell snatches, arm 2
21 burpees
15 dumbbell snatches, arm 1
15 burpees
15 dumbbell snatches, arm 2
15 burpees
9 dumbbell snatches, arm 1
9 burpees
9 dumbbell snatches, arm 2
9 burpees

Time cap: 15 minutes

♀ 15-lb (7.5-kg) dumbbell*

♂ 25-lb (12.5-kg) dumbbell*

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

QUICK START

- Start standing tall.
- At “Go,” grab the dumbbell and complete 21 dumbbell snatches with one arm.
- Then complete 21 burpees.
- Next, complete 21 dumbbell snatches with your other arm and another 21 burpees.
- Repeat this sequence for 15 reps and then 9 reps of each movement.
- Time stops when the final burpee is complete.

NOTES

- You may start the round of 15 and 9 snatches with either arm.
- You may switch arms in the middle of a set of snatches.
- There is no required floor plan for this workout.
- Record the time after you complete the final 21 burpees, and this will be your tiebreak time if you do not complete the final 15 burpees. Record the time again after the final 15 burpees if you get that far, and this will become your tiebreak time if you do not complete the workout. In the event of a tie, the athlete with the better tiebreak time will be ranked higher.
- If the workout is completed before the time cap, there is no tiebreak.

EQUIPMENT

- 1 dumbbell

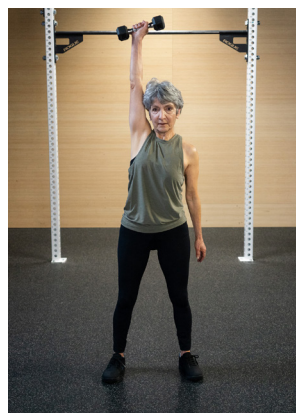
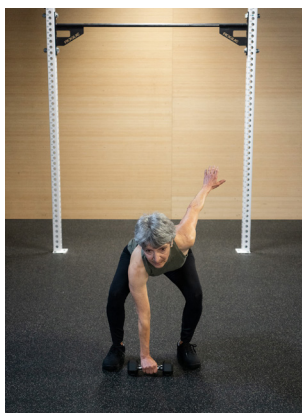
Refer to APPENDIX D in the [2024 CrossFit Games Rulebook](#) for complete equipment details.





POINTS OF PERFORMANCE

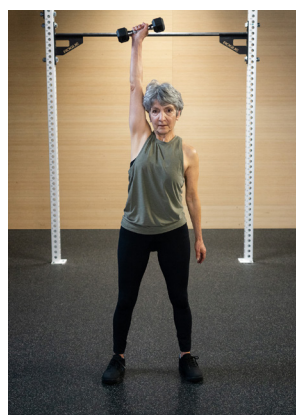
DUMBBELL SNATCH (OPTION 1)



Note: If you don't have a dumbbell of appropriate weight, another lightweight object, such as a water bottle or canned food item, may be used.

- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- Keep your heels down and maintain a neutral spine with your eyes on the horizon.
- Quickly extend your hips and legs, and then lift the dumbbell overhead in one motion.
- Finish standing tall with your arm extended overhead.

DUMBBELL SNATCH (OPTION 2 - REDUCED RANGE OF MOTION)



- Start from the hang position instead of the ground.

For a video demonstration of the dumbbell snatch, click [here](#) or scan the QR code below.





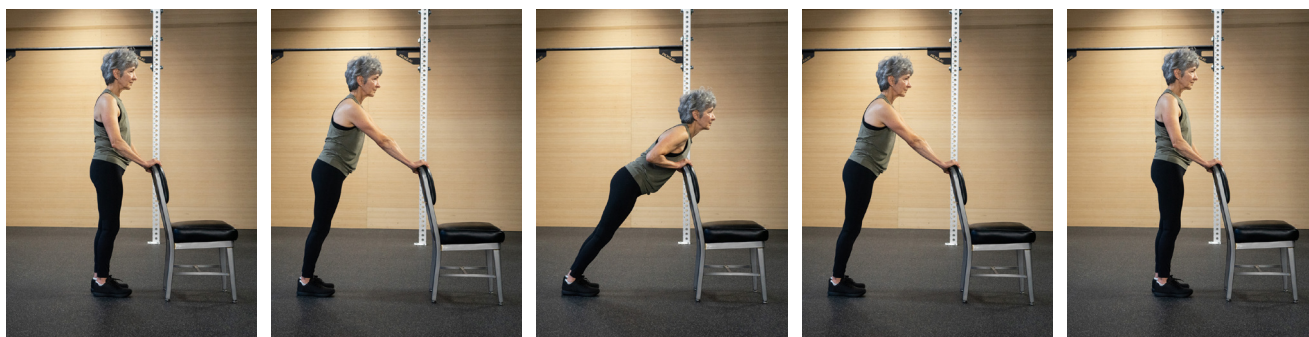
POINTS OF PERFORMANCE

BURPEE (OPTION 1)



- Place both hands on the ground.
- Jump or step back into a plank position and complete a push-up.
- Jump or step forward to a squat position.
- Stand tall to finish.
 - To increase the difficulty slightly, clap your hands overhead.

BURPEE (OPTION 2)



- Place your hands on an elevated surface to reduce the challenge of the push-up.



POINTS OF PERFORMANCE

BURPEE (OPTION 3)



- Omit the push-up.

For a video demonstration of the burpee, click [here](#) or scan the QR code below.



GEAR UP
FOR THE OPEN





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15 burpees
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15 burpees
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Time cap: 15 minutes

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21 DUMBBELL SNATCHES, ARM 1	21	
21 BURPEES	42	
21 DUMBBELL SNATCHES, ARM 2	63	
21 BURPEES	84	
15 DUMBBELL SNATCHES, ARM 1	99	TIME
15 BURPEES	114	
15 DUMBBELL SNATCHES, ARM 2	129	
15 BURPEES	144	
9 DUMBBELL SNATCHES, ARM 1	153	TIME
9 BURPEES	162	
9 DUMBBELL SNATCHES, ARM 2	171	
9 BURPEES	180	

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 15 Min. _____

Athlete _____
Athlete Name

Athlete Signature _____

Athlete Copy

WORKOUT 24.1 - FOUNDATIONS

Tiebreak Time _____

Athlete Name _____
Print

Time or Reps at 15 Min. _____

Workout Location _____

Date _____

Judge _____
Judge Name

Judge Signature _____

25% OFF MOMENTOUS



SCAN TO SUBMIT SCORE

