



### 26.1 - FOUNDATIONS:

For time:

- 20 wall-ball shots
- 18 box step-overs
- 30 wall-ball shots
- 18 box step-overs
- 40 wall-ball shots
- 18 medicine-ball box step-overs
- 66 wall-ball shots
- 18 medicine-ball box step-overs
- 40 wall-ball shots
- 18 box step-overs
- 30 wall-ball shots
- 18 box step-overs
- 20 wall-ball shots

**Time cap: 12 minutes**

♀ 10-lb (4-kg) medicine ball to a 9-foot target, 20-inch box

♂ 14-lb (6-kg) medicine ball to a 10-foot target, 20-inch box

*\*The load, box height, and target height are suggested starting points. If you are completing all the workouts in the Foundations division, you are free to decrease or increase the loads and/or heights as your skill level allows.*

### QUICK START

- Start standing tall. At “go,” pick up the medicine ball and complete 20 wall-ball shots.
- Then, move to the box and complete 18 box step-overs.
- Complete 30 wall-ball shots and 18 box step-overs.
- Then, complete 40 wall-ball shots.
- After 40 wall-ball shots, move to the box and complete 18 box step-overs while holding the medicine ball.
- Complete 66 wall-ball shots, and 18 medicine-ball box step-overs.
- Then, after 40 wall-ball shots, move to the box and complete 18 box step-overs (no medicine ball).
- Then, complete 30 wall-ball shots and 18 box step-overs.
- Then, complete 20 wall-ball shots.
- Time stops when the medicine ball hits the target on the last wall-ball shot.

### NOTES

- The box must be placed 10 feet away from the wall-ball station for safety.

### TIEBREAK

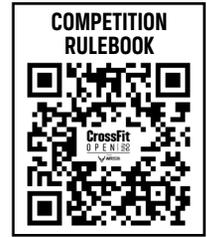
- A tiebreak time will be taken after each set of box step-overs.
- In the event of a tie on reps, the athlete with the faster tiebreak will win the tie.
- The **LAST** completed set of box step-overs will be your tiebreak time.
- Athletes who complete the workout under the time cap will not enter a tiebreak score.



### EQUIPMENT

- Medicine ball
- Wall-ball target
- Box
  - The dimensions of the top of the box must be at least 15 inches x 15 inches (38 centimeters x 38 centimeters).

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details.



### POINTS OF PERFORMANCE

#### WALL-BALL SHOT



- Start each wall-ball shot with the ball supported at the chest.
- Keeping the ball at the chest, squat until the crease of the hips descends below the top of the knees.
- Extend the hips and knees quickly.
- Follow through with a throw.
  - Allow the hips and knees to extend fully before beginning the throw.
- The rep is credited when the center of the ball hits the target clearly **ABOVE** the intended height.
- Catch the ball at the chest and repeat.

SHOP ROGUE GEAR





### POINTS OF PERFORMANCE

#### BOX STEP-OVER/MEDICINE-BALL BOX STEP-OVER (OPTION 1)



- Start with your feet on one side of the box.
  - You may face the box directly or start parallel to the box.
  - Athletes may use an object to assist with balance.
- Step onto the box.
  - You do not need to fully extend your hips and knees at the top of the box.
- Then, step off the box on the opposite side.
- Each rep is counted when both feet are on the ground on the opposite side of the box.
- During the medicine-ball step-overs, simply repeat the steps holding a medicine ball in any position as you complete the movement.

#### BOX STEP-OVER/MEDICINE-BALL BOX STEP-OVER (OPTION 2 - BALANCE ASSISTED)



1. Following the steps from Option 1, athletes may use an object to assist with balance and/or a lower box.



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- 66 wall-ball shots
- 18 medicine-ball box step-overs
- 40 wall-ball shots
- 18 box step-overs
- 30 wall-ball shots
- 18 box step-overs
- 20 wall-ball shots

Time cap: 12 minutes

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20 WALL-BALL SHOTS	20	
18 BOX STEP-OVERS	38	
30 WALL-BALL SHOTS	68	TIME
18 BOX STEP-OVERS	86	
40 WALL-BALL SHOTS	126	TIME
18 MEDICINE-BALL BOX STEP-OVERS	144	
66 WALL-BALL SHOTS	210	TIME
18 MEDICINE-BALL BOX STEP-OVERS	228	
40 WALL-BALL SHOTS	268	TIME
18 BOX STEP-OVERS	286	
30 WALL-BALL SHOTS	316	TIME
18 BOX STEP-OVERS	334	
20 WALL-BALL SHOTS	354	TIME

Athlete \_\_\_\_\_  
Athlete Name

\_\_\_\_\_  
Athlete Signature

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

Time or  
Reps at 12 Min. \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

\_\_\_\_\_  
Judge Signature

Athlete Copy

### WORKOUT 26.1 - FOUNDATIONS

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

Athlete \_\_\_\_\_ Time or Reps at 12 Min. \_\_\_\_\_  
Athlete Name

Judge \_\_\_\_\_ Judge Signature \_\_\_\_\_  
Judge Name

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

