



### 26.3 - FOUNDATIONS:

For time:

2 rounds of:

12 burpees

12 cleans, weight 1

12 burpees

12 thrusters, weight 1

2 rounds of:

12 burpees

12 cleans, weight 2

12 burpees

12 thrusters, weight 2

2 rounds of:

12 burpees

12 cleans, weight 3

12 burpees

12 thrusters, weight 3

**Time cap: 16 minutes**

♀ 25, 35, 45 lb (10, 15, 20 kg)

♂ 45, 55, 65 lb (20, 25, 29 kg)

*\*The loads are 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,” begin by completing 2 rounds of:
  - 12 burpees
  - 12 cleans at the lightest weight
  - 12 burpees
  - 12 thrusters at the lightest weight
    - Athletes must change their own weights.
- Then, complete 2 rounds of:
  - 12 burpees
  - 12 cleans at the middle weight
  - 12 burpees
  - 12 thrusters at the middle weight
    - Athletes must change their own weights.
- Then, complete 2 rounds of:
  - 12 burpees
  - 12 cleans at the heaviest weight
  - 12 burpees
  - 12 thrusters at the heaviest weight
- Time stops at the completion (lockout) of the final thruster.

### NOTES

- Time does not stop at any time during this workout.
- Athletes **MUST**:
  - Change their own weights (no outside assistance is allowed).
  - Place collars on the outside of the plates.
- Athletes may change the weights at any time after completing their second and fourth rounds of thrusters.

### TIEBREAK

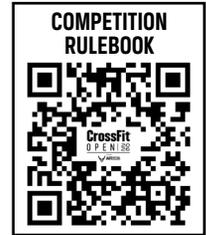
- A tiebreak time will be taken after each set of thrusters is completed.
- Athletes who complete the workout under the time cap will not enter a tiebreak score.
- The **LAST** completed set of thrusters will be your tiebreak time.
- In the event of a tie on reps completed, the athlete with the faster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



### EQUIPMENT

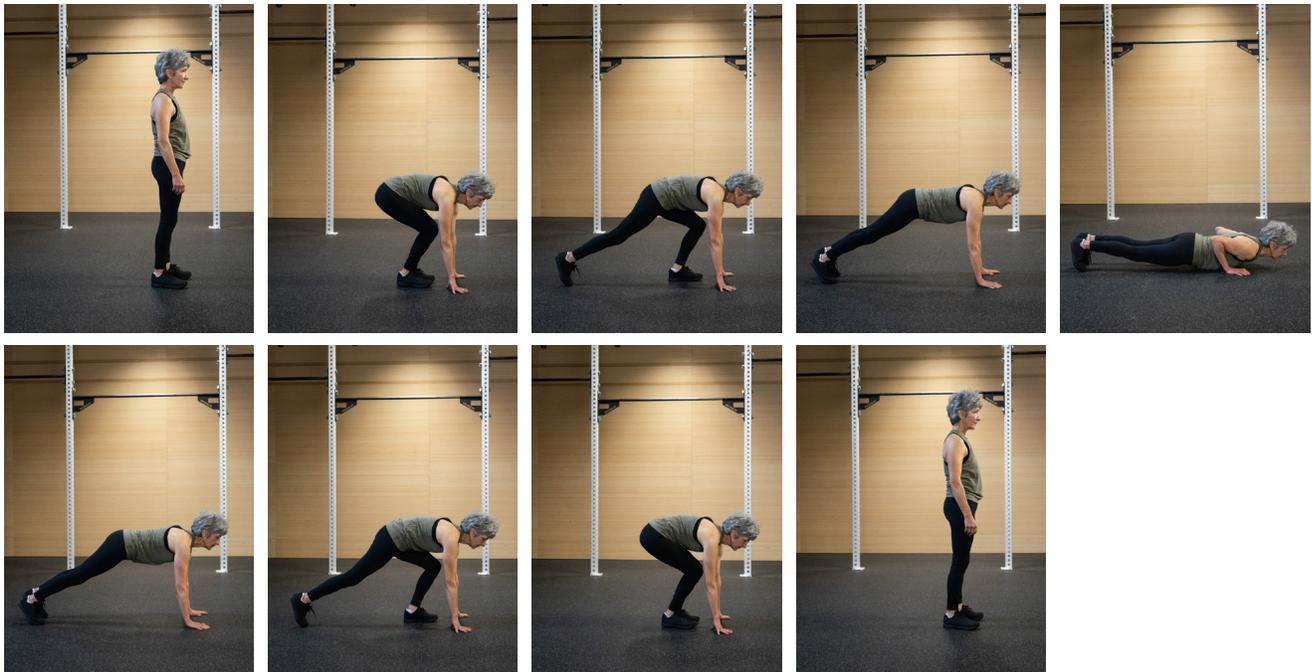
- Barbell
- Bumper plates
- Collars

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



### 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.

SHOP ROGUE GEAR





### 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 modification, click [here](#) or scan the QR code.





### POINTS OF PERFORMANCE

#### CLEAN (OPTION 1)

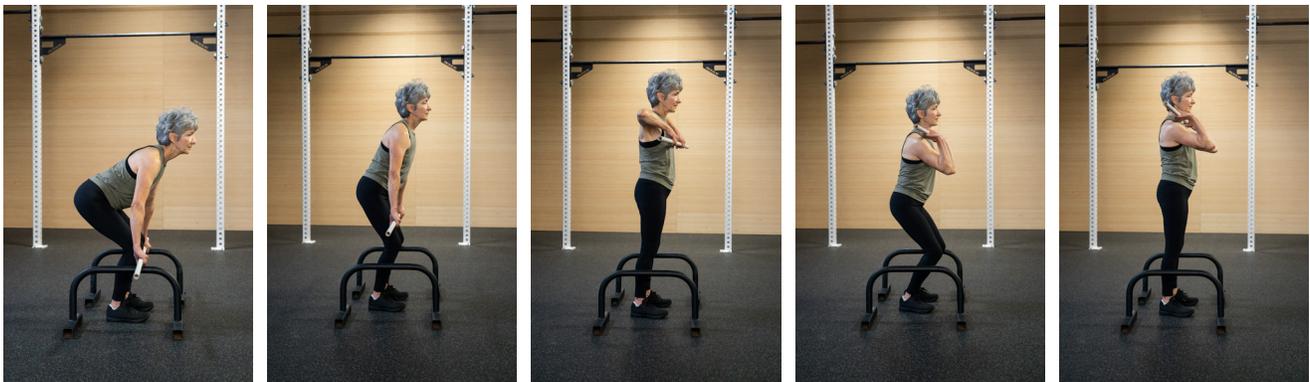


- Keep your heels down and maintain a neutral spine while keeping your eyes on the horizon.
- Keeping your arms straight, quickly extend your hips and legs.
- Rotate your elbows in front of the bar, receiving the bar on your shoulders with your knees slightly bent.
- Finally, stand up with your hips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

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



#### CLEAN (OPTION 2 - REDUCED RANGE OF MOTION)

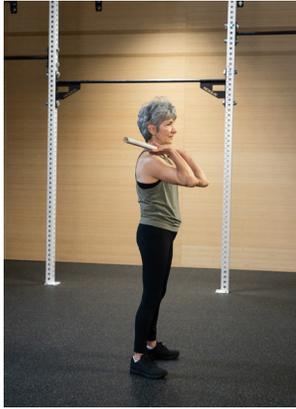


- Begin with the weight in an elevated position (e.g., on parallettes).



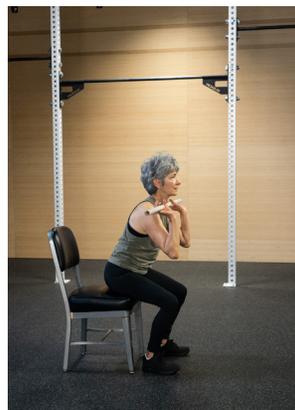
### POINTS OF PERFORMANCE

#### THRUSTER (OPTION 1)



- Start with your feet slightly wider than shoulder width.
- Keep your heels down and your knees in line with your toes while maintaining a neutral spine and keeping your eyes on the horizon.
- Descend until your hips are slightly lower than your knees.
- Stand back up until your hips and legs are fully extended.
- Finally, press the barbell or stick overhead until your arms are extended and the barbell or stick is over the middle of your body.

#### THRUSTER (OPTION 2 - REDUCED RANGE OF MOTION)



- Squat to an elevated surface by using a chair or couch to sit and stand.

For a video demonstration of the thruster to an elevated surface, click [here](#) or scan the QR code below.





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For time:

2 rounds of:

- 12 burpees
- 12 cleans, weight 1
- 12 burpees
- 12 thrusters, weight 1

2 rounds of:

- 12 burpees
- 12 cleans, weight 2
- 12 burpees
- 12 thrusters, weight 2

2 rounds of:

- 12 burpees
- 12 cleans, weight 3
- 12 burpees
- 12 thrusters, weight 3

Time cap: 16 minutes

♀ 25, 35, 45 lb (10, 15, 20 kg)

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WEIGHT 1	12 BURPEES	12	TIME
	12 CLEANS, WEIGHT 1	24	
	12 BURPEES	36	
	12 THRUSTERS, WEIGHT 1	48	
	12 BURPEES	60	
	12 CLEANS, WEIGHT 1	72	
	12 BURPEES	84	
	12 THRUSTERS, WEIGHT 1	96	
WEIGHT 2	12 BURPEES	108	TIME
	12 CLEANS, WEIGHT 2	120	
	12 BURPEES	132	
	12 THRUSTERS, WEIGHT 2	144	
	12 BURPEES	156	
	12 CLEANS, WEIGHT 2	168	
	12 BURPEES	180	
	12 THRUSTERS, WEIGHT 2	192	
WEIGHT 3	12 BURPEES	204	TIME
	12 CLEANS, WEIGHT 3	216	
	12 BURPEES	228	
	12 THRUSTERS, WEIGHT 3	240	
	12 BURPEES	252	
	12 CLEANS, WEIGHT 3	264	
	12 BURPEES	276	
	12 THRUSTERS, WEIGHT 3	288	

Athlete \_\_\_\_\_

Athlete Name

Athlete Signature

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

Time or  
Reps at 16 Min. \_\_\_\_\_

Judge \_\_\_\_\_

Judge Name

Judge Signature

Athlete Copy

### WORKOUT 26.3 - FOUNDATIONS

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

Athlete \_\_\_\_\_

Athlete Name

Time or Reps at 16 Min. \_\_\_\_\_

Judge \_\_\_\_\_

Judge Name

Judge Signature

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

Date \_\_\_\_\_

