WORKOUT 21.1
ADAPTIVE - SEATED W/O HIP FUNCTION

For time:
1 set of alternating shoulder taps + push-up
10 DB core twists
3 sets of alternating shoulder taps + push-ups
30 DB core twists
6 sets of alternating shoulder taps + push-ups
60 DB core twists
9 sets of alternating shoulder taps + push-ups
90 DB core twists
15 sets of alternating shoulder taps + push-ups
150 DB core twists
21 sets of alternating shoulder taps + push-ups
210 DB core twists
♀ 15-lb. dumbbell
♂ 25-lb. dumbbell

Time cap: 15 min.

NOTES
This workout begins with the athlete in a plank position, prepared to start the alternating shoulder taps. After the call of “3, 2, 1... go,” the athlete may perform one set of alternating shoulder taps + push-up followed by 10 dumbbell core twists. Once the core twists are complete, the athlete will repeat the sequence. The number of alternating shoulder taps + push-up sets and dumbbell core twists will increase each round. This workout ends when the athlete completes the final rep of the dumbbell core twists.

The athlete’s score will be the total time it takes to complete the workout or the total number of repetitions completed before the 15-minute time cap.

TIEBREAK
Record the time at the end of each set of dumbbell core twists.
If the athlete completes the workout before the time cap, there will be no tiebreaker.
If the athlete does not complete the workout before the time cap, when they log their score they will enter the total number of reps they completed as well as the time at which they completed their last full set of dumbbell core twists. 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
• Dumbbell*
• Safety mat (not required, highly encouraged)

If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5-kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 12.5 kg (25 lb.) and 7.5 kg (15 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
• 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

ALTERNATING SHOULDER TAPS + PUSH-UP

- Every rep begins and ends with the athlete on the ground, arms extended with shoulders and hips in line.
- The athlete will have their knees on the ground for the entire movement.

- The athlete must touch each hand to any part of the opposite arm above the crease of the elbow.
- No part of the body other than the hands, knees, and feet may be in contact with the ground.

- After the alternating shoulder taps, every rep of the push-ups begins and ends with the athlete on the ground, arms extended with shoulders and hips in line.
MOVEMENT STANDARDS

ALTERNATING SHOULDER TAPS + PUSH-UP (CONTINUED)

• At the bottom of the movement, the chest and thighs must touch the ground.
• The rep is credited when the athlete returns to the starting position, with feet no wider than hip width apart, arms extended with shoulders, hips, and knees in line.
• Each set of alternating shoulder taps + push-up counts as 1 repetition.

• Using two hands, the athlete will move the dumbbell from one side of the body to the other by passing the dumbbell over the thighs in a twisting motion.
• Both hands must be on the dumbbell at all times.

DUMBBELL CORE TWIST

• Every rep begins and ends with the athlete sitting tall on the ground, with the dumbbell on one side of the body.

• The rep is credited when the athlete touches the dumbbell to the ground with the bottom head of the dumbbell passing behind the hip crease on the opposite side of the starting position.
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- 21 sets of alternating shoulder taps + push-ups
- 210 DB core twists

♀ 15-lb. dumbbell  
♂ 25-lb. dumbbell  

Time cap: 15 min.

<table>
<thead>
<tr>
<th>SET OF ALTERNATING SHOULDER TAPS + PUSH-UP</th>
<th>TIME</th>
</tr>
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<tbody>
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<td>1</td>
<td></td>
</tr>
<tr>
<td>3</td>
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