OPEN WEEK 1
17:00 PT THURSDAY, MARCH 11, THROUGH 18:00 PT MONDAY, MARCH 15

WORKOUT 21.1
ADAPTIVE - INTELLECTUAL
For time:
1 hand-release knee push-up
10 lateral hops
3 hand-release knee push-ups
30 lateral hops
6 hand-release knee push-ups
60 lateral hops
9 hand-release knee push-ups
90 lateral hops
15 hand-release knee push-ups
150 lateral hops
21 hand-release knee push-ups
210 lateral hops

Time cap: 15 min.

TIEBREAK
Record the time at the end of each set of lateral hops.
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 lateral hops. 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 for the lateral hops

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.

NOTES
Prior to starting the workout, the athlete will need to mark a line on the floor for the lateral hops (see Movement Standards section).

This workout begins with the athlete standing tall. After the call of “3, 2, 1... go,” the athlete may perform one hand-release knee push-up followed by 10 lateral hops. Once the lateral hops are complete, the athlete will move back to the hand-release knee push-ups to repeat the sequence. The number of push-ups and lateral hops will increase each round. This workout ends when the athlete completes the final rep of the lateral hops.

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.

NOTES
TIEBREAK
• Film the placement of the tape mark.
• 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

HAND-RELEASE KNEE PUSH-UP

• Every rep begins and finishes with the athlete in a plank position on their knees, with arms locked out and a straight body position.
• A straight body position must be maintained throughout the push-up. No snaking or sagging. The elbows must be locked out at the top with knees no wider than shoulder width.
• At the bottom, the chest must touch the floor and the hands must be lifted completely off the ground.

LATERAL HOP

• Place a tape line with a width of at least 2 inches and length of 36 inches on the ground for the lateral hops.
• Every rep begins with both of the athlete’s feet completely on one side of the tape line.
• Standing tall is not required.
MOVEMENT STANDARDS
LATERAL HOP (CONTINUED)

- Athletes may step laterally or jump across the line.
- Jumping or stepping across the line while facing the line is not permitted.
- No part of the feet may touch the line. If the athlete touches the line, that rep will not count.
- Athletes must stay within the length of the line and may not go around the line.
- A rep is credited when both feet are touching the ground on the opposite side of the line.
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