

WORKOUT 21.1

For time:

1 wall walk
10 double-unders
3 wall walks
30 double-unders
6 wall walks
60 double-unders
9 wall walks
90 double-unders
15 wall walks
150 double-unders
21 wall walks
210 double-unders

Time cap: 15 min.

WORKOUT VARIATIONS

Rx'd (all ages)

♀ and ♂ perform wall walks and double-unders

Scaled (all ages)

♀ and ♂ perform scaled wall walks and single-unders

NOTES

Prior to starting the workout, the athlete will need to mark two lines on the floor for the wall walks (see Movement Standards section).

This workout begins with the athlete standing behind the furthest line from the wall and facing the wall. After the call of "3, 2, 1... go," the athlete may step over the line, turn around and perform 1 wall walk followed by 10 double-unders. Once the double-unders are complete, the athlete will move back to the wall walks to repeat the sequence. The number of wall walks and double-unders will increase each round. This workout ends when the athlete completes the final rep of the double-unders.

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 double-unders.

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 double-unders. 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.

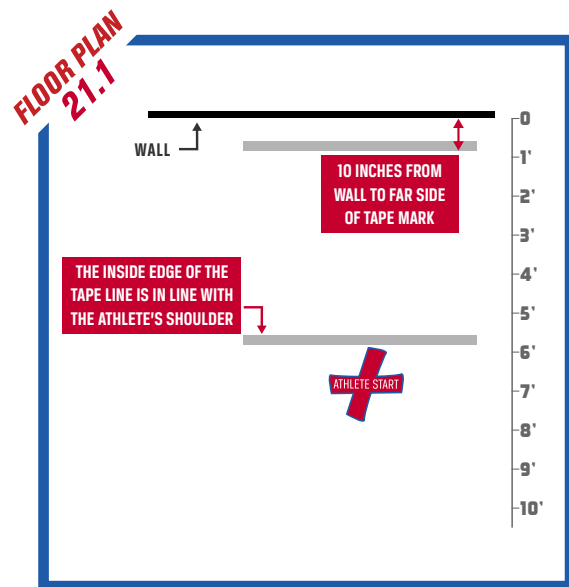
Do **NOT** use a countdown timer.

EQUIPMENT

- Tape to mark the floor for the wall walks
- Jump rope

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

- Film the measuring process for the wall-walk tape marks.
- 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

WALL WALK



- With the athlete lying down, chest and thighs touching the ground, legs fully extended, and feet together and touching the wall, mark a tape line at the top of the athlete's shoulder.
- The edge of the tape that is closest to the wall must be in line with the shoulder.
- This first line will be the start and finish line for each repetition.
- Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.



- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).
- Both feet must be touching the ground at the beginning and end of each rep.
- Both hands must remain on the tape until both feet are on the wall and no longer touching the ground.

MOVEMENT STANDARDS

WALL WALK (CONTINUED)



- At the top of the movement, both hands must be touching the 10-inch tape mark before the athlete can descend.
- Any part of the hand may touch the tape line.



- On the descent, the feet must remain on the wall until both hands are touching the first line.



- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground.
- Any part of the hand may make contact with the tape line.
- Both feet must be touching the ground before starting the next rep.

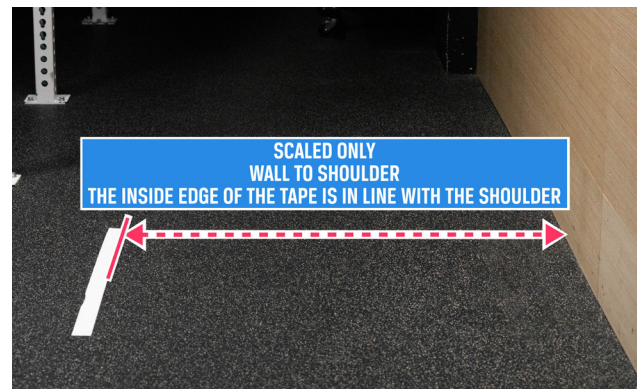
MOVEMENT STANDARDS

DOUBLE-UNDER



- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

WALL WALK (SCALED ONLY)



- With the athlete lying down, chest and thighs touching the ground, legs fully extended, and feet together and touching the wall, mark a single tape line at the top of the athlete's shoulder.
- The edge of the tape that is **CLOSEST** to the wall must be in line with the shoulder.
- The line must be 2 inches wide.

MOVEMENT STANDARDS

WALL WALK (SCALED ONLY, CONTINUED)



- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must be **in front of the tape line**.
- No part of the hand may be touching the line.
- Both feet must be touching the ground at the beginning and end of each rep.



- Both hands must remain in front of the tape until both feet are on the wall and no longer touching the ground.



- The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line.
- The fingers may **NOT** be touching the tape line.



- On the descent, the feet must remain on the wall until both hands are in front of the tape line.
- No part of the hand may be touching the line.

MOVEMENT STANDARDS

WALL WALK (SCALED ONLY, CONTINUED)



- The rep is credited when the athlete returns to the starting position, with their hands **in front of the tape line** and their chest, thighs, and feet touching the ground.
- Both feet must be touching the ground before starting the next rep.

SINGLE-UNDER (SCALED ONLY)



- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

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1 WALL WALK	1	
10 DOUBLE-UNDERS	11	
3 WALL WALKS	14	TIME
30 DOUBLE-UNDERS	44	
6 WALL WALKS	50	TIME
60 DOUBLE-UNDERS	110	
9 WALL WALKS	119	TIME
90 DOUBLE-UNDERS	209	
15 WALL WALKS	224	TIME
150 DOUBLE-UNDERS	374	
21 WALL WALKS	395	TIME
210 DOUBLE-UNDERS	605	TIME

Time OR Reps at 15 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd

☐ Scaled

Workout Location _____ Judge _____

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Affiliate Copy

Athlete Signature

Date

Athlete Copy

WORKOUT 21.1

Time OR Reps at 15 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd

☐ Scaled

Workout Location _____ Judge _____

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Judge Signature

Date