



**WORKOUT 21.2**

Repeat of 17.1

For time:

- 10 dumbbell snatches
- 15 burpee box jump-overs
- 20 dumbbell snatches
- 15 burpee box jump-overs
- 30 dumbbell snatches
- 15 burpee box jump-overs
- 40 dumbbell snatches
- 15 burpee box jump-overs
- 50 dumbbell snatches
- 15 burpee box jump-overs

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

Time cap: 20 min.

**WORKOUT VARIATIONS**

**Rx'd** (Ages 16-54)

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

**Scaled** (Ages 16-54)

♀ 20-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 35-lb. dumbbell, 20-in. box (step-ups permitted)

**Teenagers 14-15**

♀ 20-lb. dumbbell, 20-in. box

♂ 35-lb. dumbbell, 24-in. box

**Scaled Teenagers 14-15**

♀ 10-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 20-lb. dumbbell, 24-in. box (step-ups permitted)

**Masters 55+**

♀ 20-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 35-lb. dumbbell, 24-in. box (step-ups permitted)

**Scaled Masters 55+**

♀ 10-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 20-lb. dumbbell, 20-in. box (step-ups permitted)

**NOTES**

Prior to starting this workout, the athlete will need to mark a long, straight line on the floor and place the box on the center of that line.

This workout begins with the dumbbell resting on the floor and the athlete standing tall. After the call of "3, 2, 1... go!" the athlete will begin the dumbbell snatches, alternating arms after each repetition. Once 10 reps are complete, they will move to the box and perform 15 burpee box jump-overs. Following this sequence, the number of snatch repetitions will increase each round while the burpee box jump-overs will remain the same. This workout ends when the athlete's feet land on the ground on the other side of the box after the final rep.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 20-minute time cap.

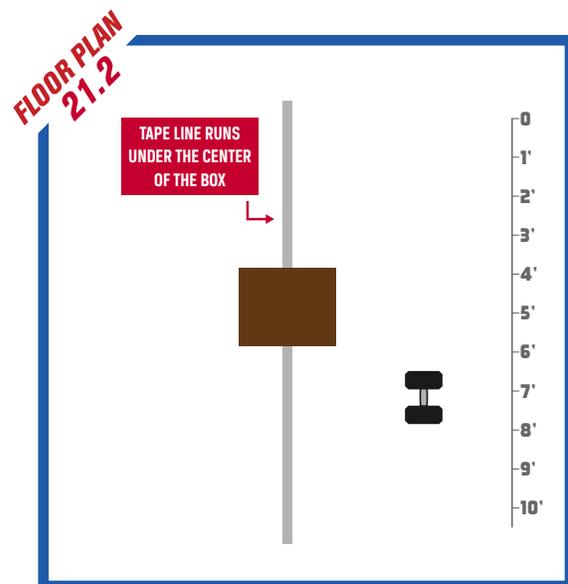
**TIEBREAK**

Record the time at the end of each set of burpee box jump-overs.

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 completed as well as the time at which they completed their last full set of burpee box jump-overs. 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 of appropriate weight for the athlete's division\*
- Box of appropriate height for the athlete's division. The top of the box must be at least 15-by-15 inches.
- Tape or line that bisects the burpee box-jump area

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 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.), and 5 kg (10 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.

## MOVEMENT STANDARDS

### DUMBBELL SNATCH



- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go is permitted. Bouncing the dumbbell is not allowed.
- Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.
- The athlete may not use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body during the repetition.

## VIDEO SUBMISSION STANDARDS

- Film the dumbbell and box to be used so the loads and height can be seen clearly.
- 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.



- At the top, the athlete's arms, hips, and knees must be fully locked out, with the dumbbell clearly over the middle of the athlete's body when viewed from profile.
- The rep is credited once the athlete has reached lockout.
- The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.
- Athletes may not receive any assistance in resetting the dumbbell.



## MOVEMENT STANDARDS

### BURPEE BOX JUMP-OVER



- The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box.
- In the bottom position, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- Athletes may step or jump in and out of the push-up position.



- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.
- There is no requirement to stand tall while on top of the box.
- \*Scaled/Masters 55+ may step up.



- Each rep is counted when the athlete lands on the ground on the opposite side of the box. From there, they may begin their next rep.



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Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BOX JUMP-OVERS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BOX JUMP-OVERS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BOX JUMP-OVERS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BOX JUMP-OVERS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BOX JUMP-OVERS	225	

TIME

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Time OR Reps at 20 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 21.2**

Time OR Reps at 20 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