WORKOUT 21.1 - EQUIPMENT FREE
For time:
1 wall walk
10 lateral jumps
3 wall walks
30 lateral jumps
6 wall walks
60 lateral jumps
9 wall walks
90 lateral jumps
15 wall walks
150 lateral jumps
21 wall walks
210 lateral jumps

Time cap: 15 min.

TIEBREAK
Record the time at the end of each set of lateral jumps.
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 jumps. 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.

VIDEO SUBMISSION STANDARDS
Film the measuring process for the two 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.

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 lateral jumps. Jumping over the line and back counts as 1 repetition. Once the lateral jumps are complete, the athlete will move back to the wall walks, and the sequence will be repeated. The number of wall walks and lateral jumps will increase each round. This workout ends with the completion of the final rep of the lateral jumps.

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.
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

LATERAL JUMP

• Use the tape line furthest from the wall to complete the lateral jumps.
• The tape must be a minimum of 2 inches wide.
• A two-foot takeoff and landing is required.
• Jumping over the line and back is 1 repetition.
• The rep is counted when the athlete returns to the side of the line where they started.

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 movements described in this document may be disqualified from the competition.
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### EQUIPMENT FREE

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- 9 wall walks
- 90 lateral jumps
- 15 wall walks
- 150 lateral jumps
- 21 wall walks
- 210 lateral jumps

Time cap: 15 min.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
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<tbody>
<tr>
<td>1 WALL WALK</td>
<td>1</td>
</tr>
<tr>
<td>10 LATERAL JUMPS</td>
<td>11</td>
</tr>
<tr>
<td>3 WALL WALKS</td>
<td>14</td>
</tr>
<tr>
<td>30 LATERAL JUMPS</td>
<td>44</td>
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<td>395</td>
</tr>
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<td>605</td>
</tr>
</tbody>
</table>

Time OR Reps at 15 Minutes ________________

Athlete Name ________________________________

Tiebreak Time ________________

Workout Location ____________________________

Judge ______________________________

Has judge passed CrossFit’s Online Judges Course? Y / N

Judge Name ________________________________

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

Athlete Signature ____________________________ Date __________

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