WORKOUT 21.1
ADAPTIVE - UPPER EXTREMITY
For time:
1 set of alternating lunges + burpee
10 double-unders
3 sets of alternating lunges + burpees
30 double-unders
6 sets of alternating lunges + burpees
60 double-unders
9 sets of alternating lunges + burpees
90 double-unders
15 sets of alternating lunges + burpees
150 double-unders
21 sets of alternating lunges + burpees
210 double-unders
Time cap: 15 min.

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
• 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
• 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
This workout begins with the athlete standing tall. After the call of “3, 2, 1... go,” the athlete will perform one set of alternating lunges followed by a burpee and then 10 double-unders. Once the double-unders are complete, the athlete will return to the lunges and repeat the sequence. The number of lunges, burpees, 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.
MOVEMENT STANDARDS

ALTERNATING LUNGES + BURPEE

• The athlete begins each lunge standing tall with their feet together.
• One repetition of the alternating lunge + burpee requires a lunge on one leg followed by a lunge on the other leg and then a burpee.
• If time is called prior to the completion of the entire sequence, that repetition will not count.

• The trailing knee must make contact with the ground at the bottom of each lunge.

• The lunge is complete when both feet are brought back together.
• The athlete must perform one lunge on each leg for the alternating lunge repetition to count.
• Stepping forward or backward is allowed, but athletes must use the same direction for the entire workout (i.e., forward or reverse lunges).
MOVEMENT STANDARDS
ALTERNATING LUNGES + BURPEE (CONTINUED)

- The athlete may begin the burpee after completing the lunges.
- The burpee begins with the athlete standing tall.

- The athlete may step and/or jump back to reach the bottom position.
- Chest and thighs must touch the ground at the bottom.
- Stepping and/or jumping back to the starting position are both permitted.

DOUBLE-UNDER

- The rep is credited when the athlete's:
  - feet leave the ground; and
  - hand(s) are overhead; and
  - hand(s), head, shoulders, hips, knees, and ankles are in a line vertically when the athlete is viewed from profile.
- Each set of alternating lunges + burpee counts as 1 repetition.

- 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.
- For equipment, a monorope or other modifications to jump rope equipment (e.g., strapping the handle to the forearm) are permitted.
## WORKOUT 21.1
### ADAPTIVE - UPPER EXTREMITY

For time:
- 1 set of alternating lunges + burpee
- 10 double-unders
- 3 sets of alternating lunges + burpees
- 30 double-unders
- 6 sets of alternating lunges + burpees
- 60 double-unders
- 9 sets of alternating lunges + burpees
- 90 double-unders
- 15 sets of alternating lunges + burpees
- 150 double-unders
- 21 sets of alternating lunges + burpees
- 210 double-unders

Time cap: 15 min.

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<th>1</th>
<th>SET OF ALTERNATING LUNGES + BURPEE</th>
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<tr>
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### Time OR Reps at 15 Minutes

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### Tiebreak Time

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

Athlete Signature
Date

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