



## WORKOUT 21.2

### ADAPTIVE - LOWER EXTREMITY

For time:

10 hang dumbbell snatches  
15 burpees  
20 hang dumbbell snatches  
15 burpees  
30 hang dumbbell snatches  
15 burpees  
40 hang dumbbell snatches  
15 burpees  
50 hang dumbbell snatches  
15 burpees

♀ 35-lb. dumbbell

♂ 50-lb. dumbbell

Time cap: 20 min.

### NOTES

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 hang dumbbell snatches, alternating arms after each repetition. Once 10 reps are complete, the athlete will perform 15 burpees. Following this sequence, the number of hang snatches will increase each round while the burpees will remain the same. This workout ends when the athlete completes their final burpee.

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 burpees.

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 burpees. 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\*

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.) and 15 kg (35 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.

### VIDEO SUBMISSION STANDARDS

- Film the dumbbell so the load 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.



## MOVEMENT STANDARDS

### HANG DUMBBELL SNATCH



- The hang dumbbell snatch starts with the athlete standing tall.
- From the hang position, the athlete must lift the dumbbell overhead in one motion. The dumbbell may not touch the floor. If the dumbbell is lowered to the floor, the athlete must pause in the hang position before moving on to the next rep.
- 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.



- At the top, the athlete's arm, 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.
- After completing a rep, the athlete may move directly to the hang position for the next rep.
- Athletes may **NOT** receive any assistance in resetting the dumbbell.



## MOVEMENT STANDARDS

### BURPEE



- The athlete's chest and thighs must touch the ground at the bottom of the burpee.
- Athletes may jump or step back and forth from this position.



- The rep is credited when:
  - The feet leave the ground; and
  - The hands are overhead; and
  - The hands, head, shoulders, hips, knees, and ankles are in line vertically.



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10 HANG DUMBBELL SNATCHES		10	
15 BURPEES		25	
20 HANG DUMBBELL SNATCHES		45	TIME
15 BURPEES		60	
30 HANG DUMBBELL SNATCHES		90	TIME
15 BURPEES		105	
40 HANG DUMBBELL SNATCHES		145	TIME
15 BURPEES		160	
50 HANG DUMBBELL SNATCHES		210	TIME
15 BURPEES		225	TIME

Time OR Reps at 20 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

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

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