WORKOUT 21.1
ADAPTIVE - NEUROMUSCULAR

For time:
1 set of alternating shoulder taps + knee push-up
10 lateral hops
3 sets of alternating shoulder taps + knee push-ups
30 lateral hops
6 sets of alternating shoulder taps + knee push-ups
60 lateral hops
9 sets of alternating shoulder taps + knee push-ups
90 lateral hops
15 sets of alternating shoulder taps + knee push-ups
150 lateral hops
21 sets of alternating shoulder taps + knee push-ups
210 lateral hops

Time cap: 15 min.

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

Notes
Prior to starting the workout, the athlete will need to mark one line on the floor for the lateral hops (see Movement Standards section).
This workout begins with the athlete standing tall. After the call of “3, 2, 1... go,” the athlete will perform one set of alternating shoulder taps + knee push-up followed by 10 lateral hops. Once the lateral hops are complete, the athlete will move back to the alternating shoulder taps + knee push-ups to repeat the sequence. The number of alternating shoulder taps + knee push-ups and lateral hops will increase each round. This workout ends when the athlete completes the final rep of the lateral hops.

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.

EQUIPMENT
• Tape to mark the floor for the lateral jumps.
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 2-inch wide tape mark for the lateral hops.
• 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

ALTERNATING SHOULDER TAPS + KNEE PUSH-UP

• Every rep begins and ends with the athlete on the ground, knees no wider than hip width apart, arms extended with shoulders and hips in line.

• The athlete must touch each hand to any part of the opposite arm above the crease of the elbow.

• No part of the body other than the hands and knees may be in contact with the ground.

• At the bottom, the chest and thighs must touch the ground.

• The rep is credited when the athlete returns to the starting position.

• Each set of alternating shoulder taps + push-up counts as 1 repetition.

• After the alternating shoulder taps, every push-up begins and ends with the athlete on the ground, knees no wider than hip width apart, arms extended with shoulders and hips in line.
MOVEMENT STANDARDS

LATERAL HOPS

• Place a tape line with a width of at least 2 inches and length of 36 inches on the ground for the lateral hops.

• Every rep begins with both of the athlete's feet completely on one side of the tape line.
• Standing tall is not required.

• Athletes may step laterally or jump across the line.
• Jumping or stepping across the line while facing the line is not permitted.
• No part of the feet may touch the line. If the feet make contact with the line, that is a no rep.
• Athletes must stay within the length of the line and may not go around the line.
• A rep is credited when both feet are touching the ground on the opposite side of the line.
## WORKOUT 21.1
### ADAPTIVE - NEUROMUSCULAR

For time:
- 1 set of alternating shoulder taps + knee push-up
- 10 lateral hops
- 3 sets of alternating shoulder taps + knee push-ups
- 30 lateral hops
- 6 sets of alternating shoulder taps + knee push-ups
- 60 lateral hops
- 9 sets of alternating shoulder taps + knee push-ups
- 90 lateral hops
- 15 sets of alternating shoulder taps + knee push-ups
- 150 lateral hops
- 21 sets of alternating shoulder taps + knee push-ups
- 210 lateral hops

**Time cap: 15 min.**

| 1 SET OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UP | 1 |
| 10 LATERAL HOPS | 11 |
| 3 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS | 14 |
| 30 LATERAL HOPS | 44 |
| 6 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS | 50 |
| 60 LATERAL HOPS | 110 |
| 9 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS | 119 |
| 90 LATERAL HOPS | 209 |
| 15 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS | 224 |
| 150 LATERAL HOPS | 374 |
| 21 SETS OF ALTERNATING SHOULDER TAPS + KNEE PUSH-UPS | 395 |
| 210 LATERAL HOPS | 605 |

**Athlete Name: ___________________________**

**Time OR Reps at 15 Minutes: ___________________________**

**Tiebreak Time: ___________________________**

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

**Athlete Signature: ___________________________**

**Date: ___________________________**

**Judge Name: ___________________________**

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

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