



## WORKOUT 21.2

### ADAPTIVE - SHORT STATURE

For time:

10 dumbbell snatches  
15 burpee broad jumps  
20 dumbbell snatches  
15 burpee broad jumps  
30 dumbbell snatches  
15 burpee broad jumps  
40 dumbbell snatches  
15 burpee broad jumps  
50 dumbbell snatches  
15 burpee broad jumps

♀ 20-lb. dumbbell, 2-inch-wide tape line

♂ 35-lb. dumbbell, 2-inch-wide tape line

Time cap: 20 min.

### NOTES

Prior to starting this workout, the athlete will place a tape line with a width of at least 2 inches and length of 36 inches on the ground for the burpee broad jumps.

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 perform 15 burpee broad jumps. Following this sequence, the number of snatch repetitions will increase each round while the burpee broad jumps will remain the same. This workout ends when the athlete's feet land on the ground on the other side of the line 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 broad 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 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\*
- Tape or line to jump over

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 15 kg (35 lb.) and 10 kg (20 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 load so they 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

### 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.



- 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 BROAD JUMP



- The burpee broad jump starts with the athlete facing the line while touching their chest and thighs to the ground and finishes with the athlete jumping or stepping over the line.
- In the bottom position, the athlete's hands must be placed behind, but not touching the line, with the center of the athlete's chest perpendicular to the line.
- The athlete's head may be on or over the line.
- Athletes may jump or step both back and forth from this position.



- Athletes may jump or step over the line.
- A two-foot takeoff is **NOT** required.
- The feet must pass over the line, not around it.



- Each rep is counted when both feet are on the ground on the opposite side of the line. From there, they may begin their next rep by facing the tape.
- There is no requirement to stand tall.



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10 DUMBBELL SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 DUMBBELL SNATCHES	90	
15 BURPEE BROAD JUMPS	105	TIME
40 DUMBBELL SNATCHES	145	
15 BURPEE BROAD JUMPS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	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

Athlete Copy

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Judge Signature

Date