WORKOUT 21.1
ADAPTIVE - SHORT STATURE
For time:
1 set of alternating shoulder taps + push-up
10 double-unders
3 sets of alternating shoulder taps + push-ups
30 double-unders
6 sets of alternating shoulder taps + push-ups
60 double-unders
9 sets of alternating shoulder taps + push-ups
90 double-unders
15 sets of alternating shoulder taps + push-ups
150 double-unders
21 sets of alternating shoulder taps + push-ups
210 double-unders
Time cap: 15 min.

NOTES
This workout begins with the athlete standing tall. After the call of “3, 2, 1... go,” the athlete will perform one shoulder tap with each arm followed by a push-up and then 10 double-unders. Once the double-unders are complete, the athlete will perform 3 sets of the alternating shoulder taps + push-up then 30 double-unders. The number of shoulder taps + push-up sets 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.

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.
MOVEMENT STANDARDS
ALTERNATING SHOULDER TAPS + PUSH-UP

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

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

ALTERNATING SHOULDER TAPS + PUSH-UP (CONTINUED)

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

• The rep is credited when the athlete returns to the starting position, feet no wider than hip width apart and arms extended, with shoulders, hips, and knees in line.

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

DOUBLE-UNDER

• 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.
### WORKOUT 21.1

**ADAPTIVE - SHORT STATURE**

For time:

1. set of alternating shoulder taps + push-up
2. 10 double-unders
3. 3 sets of alternating shoulder taps + push-ups
4. 30 double-unders
5. 6 sets of alternating shoulder taps + push-ups
6. 60 double-unders
7. 9 sets of alternating shoulder taps + push-ups
8. 90 double-unders
9. 15 sets of alternating shoulder taps + push-ups
10. 150 double-unders
11. 21 sets of alternating shoulder taps + push-ups
12. 210 double-unders

**Time cap: 15 min.**

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