



WORKOUT 21.2

Repeat of 17.1

For time:

10 dumbbell snatches
15 burpee box jump-overs
20 dumbbell snatches
15 burpee box jump-overs
30 dumbbell snatches
15 burpee box jump-overs
40 dumbbell snatches
15 burpee box jump-overs
50 dumbbell snatches
15 burpee box jump-overs

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BOX JUMP-OVERS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BOX JUMP-OVERS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BOX JUMP-OVERS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BOX JUMP-OVERS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BOX JUMP-OVERS	225	TIME

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 35-lb. dumbbell, 20-in. box

♂ 50-lb. dumbbell, 24-in. box

Scaled (Ages 16-54)

♀ 20-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 35-lb. dumbbell, 20-in. box (step-ups permitted)

Teenagers 14-15

♀ 20-lb. dumbbell, 20-in. box

♂ 35-lb. dumbbell, 24-in. box

Scaled Teenagers 14-15

♀ 10-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 20-lb. dumbbell, 24-in. box (step-ups permitted)

Masters 55+

♀ 20-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 35-lb. dumbbell, 24-in. box (step-ups permitted)

Scaled Masters 55+

♀ 10-lb. dumbbell, 20-in. box (step-ups permitted)

♂ 20-lb. dumbbell, 20-in. box (step-ups permitted)

Time OR Reps at 20 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd

☐ Scaled

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

WORKOUT 21.2

Time OR Reps at 20 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd

☐ Scaled

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. _____

Judge Signature

Date