

## WORKOUT 21.1 - FOUNDATIONS

For time:

- 1 bear crawl
- 10 jumping jacks
- 3 bear crawls
- 30 jumping jacks
- 6 bear crawls
- 60 jumping jacks
- 9 bear crawls
- 90 jumping jacks
- 15 bear crawls
- 150 jumping jacks
- 21 bear crawls
- 210 jumping jacks

*The bear crawl can be modified by placing the hands on an elevated surface and simulating the walking motion by bringing the knees to the chest.*

*The jumping jacks can be modified to a "stepping jack" if needed.*

Time cap: 15 min.

## NOTES

Prior to starting the workout, mark a 5-foot section on the floor for the bear crawl. Each 5-foot distance equals 1 bear crawl rep.

Begin the workout with a single bear crawl across the 5-foot distance followed by 10 jumping jacks. Then, repeat the sequence, performing 3 bear crawls across the 5-foot distance followed by 30 jumping jacks. Each round the bear crawls and jumping jacks will increase.

For both movements, choose a modification that allows you to complete a range of motion appropriate to your skill and fitness level.

Your 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.

Be sure you have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

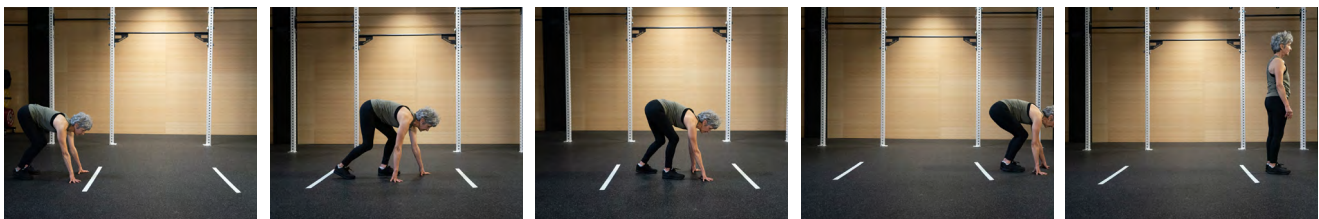
## POINTS OF PERFORMANCE

### BEAR CRAWL

Option 1:

- Crossing the 5-foot distance one time equals 1 rep of the bear crawl.
- Place your hands and feet on the floor, ideally with hips higher than shoulders.
- Bend your arms and knees while keeping your hips and shoulders square with one another and crawl forward.
- Completely cross the 5-foot marker with both hands and feet before turning around to begin the next rep (after round 1).

For a video demonstration of the bear crawl, click [HERE](#).



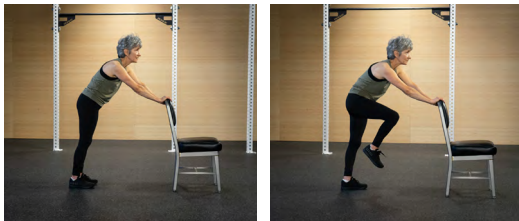
## POINTS OF PERFORMANCE

### BEAR CRAWL (CONTINUED)

For a video demonstration of the incline march, click [HERE](#).

Option 2: Incline march with hands on elevated surface, knees to chest

- Place your hands on an elevated surface.
- Alternate bringing your knee toward your chest.
- Bringing your knee to your chest 5 times = 1 bear crawl rep.

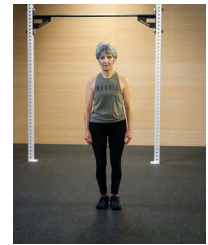


### JUMPING JACK

For a video demonstration of the jumping jack, click [HERE](#).

Option 1:

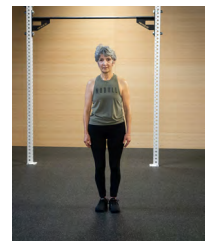
- Stand upright with your feet together, arms at your sides.
- With a slight bend in your knees, jump in the air.
- While jumping, reach up to touch your hands together overhead.
- Feet should be roughly shoulder width apart in the landing position.
- Return to the starting position and repeat.



Option 2:

For a video demonstration of the standing jumping jack, click [HERE](#).

- Stand upright with your feet together, arms at your sides.
- Extend both arms outward to about shoulder height while tapping your right foot on the floor to the side and keeping your body weight over your standing leg.
- Return to the starting position and repeat the same motions, this time with the left leg tapping the floor.



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*The jumping jacks can be modified to a "stepping jack" if needed.*

Time cap: 15 min.

1 BEAR CRAWL	1
10 JUMPING JACKS	11
3 BEAR CRAWLS	14
30 JUMPING JACKS	44
6 BEAR CRAWLS	50
60 JUMPING JACKS	110
9 BEAR CRAWLS	119
90 JUMPING JACKS	209
15 BEAR CRAWLS	224
150 JUMPING JACKS	374
21 BEAR CRAWLS	395
210 JUMPING JACKS	605

**Athlete Name** \_\_\_\_\_ **Time OR Reps at 15 Minutes** \_\_\_\_\_  
Print

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_ **Has judge passed CrossFit's Online Judges Course?** Y / N  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Athlete Signature Date

Affiliate Copy

Athlete Copy

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Print

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