

24.3 - FOUNDATIONS:

All for time:

5 rounds of:

10 thrusters with a stick, weight 1

10 bent-over rows, weight 2

Rest 1 minute, then:

5 rounds of:

7 thrusters, weight 2

7 push-ups

Time cap: 15 minutes

♀ *stick (weight 1), 35 lb/15 kg (weight 2)**

♂ *stick (weight 1), 45 lb/20 kg (weight 2)**

*The load is a suggested starting point. If you are completing all the workouts in the Foundations division, you are free to decrease or increase the load as your skill level allows.

QUICK START

- Start standing tall with the stick on the ground.
- At “Go,” pick up the stick and complete 10 thrusters.
- Then complete 10 bent-over rows with the barbell.
- After completing 5 rounds of thrusters and bent-over rows, rest for 1 minute.
- Then perform 5 rounds of 7 thrusters with the barbell and 7 push-ups.
- Time stops when you complete the last push-up.

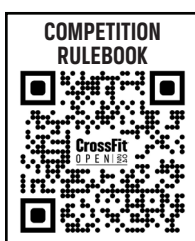
NOTES

- If you do not complete the workout before the time cap, your score will be the total number of reps completed.
- The tiebreak for 24.3 is the time taken to complete 5 rounds of thrusters and bent-over rows.

EQUIPMENT

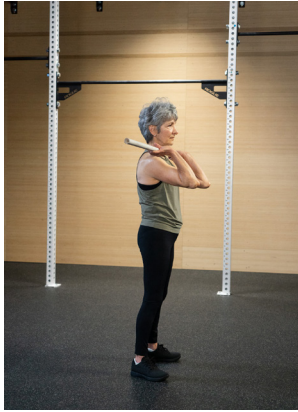
- Stick or PVC pipe.
- Barbell, plates, and collars (if needed).

Refer to APPENDIX D in the [2024 CrossFit Games Rulebook](#) for complete equipment details.



POINTS OF PERFORMANCE

THRUSTER (OPTION 1)



- Start with your feet slightly wider than shoulder width.
- Keep your heels down and your knees in line with your toes while maintaining a neutral spine and keeping your eyes on the horizon.
- Descend until your hips are slightly lower than your knees.
- Stand back up until your hips and legs are fully extended.
- Finally, press the stick overhead until your arms are extended and the stick is over the middle of your body.

THRUSTER (OPTION 2 - REDUCED RANGE OF MOTION)



- Squat to an elevated surface by using a chair or couch to sit and stand.

For a video demonstration of the thruster to an elevated surface, click [here](#) or scan the QR code below.



POINTS OF PERFORMANCE

BENT-OVER ROW (OPTION 1)



- Begin with the stick in your hands, a soft bend in your knees, and a slight bend at your waist.
- Maintain a neutral spine.
- Pull the stick to your chest while keeping your elbows tight to your body.
- Return to the starting position by extending your arms.

BENT-OVER ROW (OPTION 2 - SINGLE ARM WITH SUPPORT)



- Begin with a dumbbell in your hand, a soft bend in your knees, and a slight bend at your waist while supporting yourself on a chair or elevated surface with your other arm.

POINTS OF PERFORMANCE

PUSH-UP (OPTION 1)

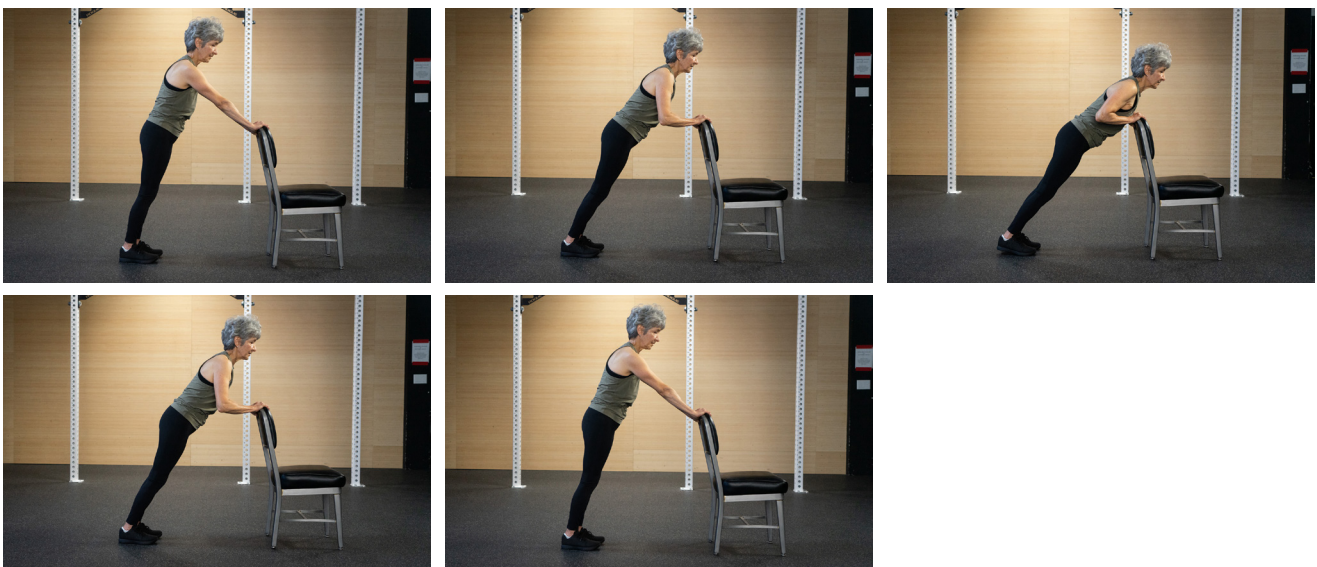


- Begin the push-up with your hands approximately shoulder width apart.
- Maintain a neutral spine.
- Keeping your elbows close to your body, begin to descend, lowering until your chest and thighs touch the floor.
- Press back up until your arms are fully extended.

For a video demonstration of the push-up, click [here](#) or scan the QR code.



PUSH-UP (OPTION 2 - REDUCED DIFFICULTY)



- Place your hands on an elevated surface to reduce the challenge of the push-up.

For a video demonstration of the push-up to an elevated surface, click [here](#) or scan the QR code.



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	10 THRUSTERS WITH A STICK, WEIGHT 1	10 BENT-OVER ROWS, WEIGHT 2
ROUND 1	10	20
ROUND 2	30	40
ROUND 3	50	60
ROUND 4	70	80
ROUND 5	90	100
REST 1 MINUTE (THE TIMER DOES NOT STOP)		
	7 THRUSTERS, WEIGHT 2	7 PUSH-UPS
ROUND 1	107	114
ROUND 2	121	128
ROUND 3	135	142
ROUND 4	149	156
ROUND 5	163	170

TIME

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 15 Min. _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

WORKOUT 24.3 - FOUNDATIONS

Tiebreak Time _____

Athlete Name _____
Print

Time or Reps at 15 Min. _____

Workout Location _____

Date _____

Judge _____
Judge Name

Judge Signature

