

WORKOUT 22.1

ADAPTIVE - SEATED WITH HIP FUNCTION

Complete as many rounds as possible in 15 minutes of:

6 dips

9 dumbbell lap snatches

15 wall-ball shots

♀ 20-lb dumbbell, 10-lb ball to 7 ft

♂ 35-lb dumbbell, 14-lb ball to 9 ft

NOTES

A prescribed floor plan is not provided. Athletes may set up their workout area however they desire. If filming for a video submission, athletes must be in full view of the camera so all movements can be clearly seen.

This workout begins with the athlete sitting tall in their chair. After the call of "3, 2, 1... go," the athlete will perform 6 dips, followed by 9 dumbbell snatches, alternating arms after each repetition. Once the dumbbell snatches are complete, the athlete will then perform 15 wall-ball shots. Upon completion of the wall-ball shots, the athlete will return to the dips for the next round.

Athletes may receive assistance with spotting their wheelchair or manipulating their legs to a safe position.

The athlete's score will be the total number of repetitions completed before the 15-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Dumbbell of appropriate weight for the athlete's division*
- Medicine ball of appropriate weight for the athlete's division*
- Equipment for dips

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), 10 kg (20 lb), 6 kg (14 lb), and 4 kg (10 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 and medicine ball so the loads and wall-ball shot height 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

DIP



- The dip begins and finishes with the athlete's arms locked out. Athletes may have their feet on the ground in front of or under their body.
- The dip may be performed on a set of boxes, a dip bar, or other similar equipment.



- At the bottom, the shoulders must clearly pass below the elbows.
- Use of the legs is not permitted. The athlete's feet may touch the ground and stay under the torso throughout the movement.
- The athlete's body must be completely supported by the arms throughout the movement. Touching the buttocks to the ground at the bottom of the dip is not permitted and is a no rep.



- The rep is credited when the athlete returns to a position of support on top of the dipping apparatus with the arms fully extended.

MOVEMENT STANDARDS

DUMBBELL LAP SNATCH



- The dumbbell lap snatch starts with both heads of the dumbbell on the athlete's lap.
- A lap pad may be used but is not required.
- The dumbbell must be lifted in one continuous motion. A clean or curl and press is not permitted.
- 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 repetition is achieved.
- Athletes may use the non-lifting hand or arm to assist by making contact with the legs, other parts of the body, or wheelchair during the repetition.

- The rep is credited when:
 - the athlete's arm is fully locked out; and
 - the dumbbell is directly over, or slightly behind, the middle of the athlete's body when viewed from profile.
- Athletes may store the dumbbell on top of a box between rounds. Athletes may **NOT** receive assistance in resetting the dumbbell.

SEATED WALL-BALL SHOT



- The medicine ball must be in the support position in front of the body at the start of each repetition.
- Athletes may perform the movement from the same chair used for all movements in the workout or from another sitting position. The height must match the height of the athlete's seat and may not be higher.

- The repetition is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, it is a no rep.
- If the ball drops to the ground from the top, the ball may be caught off the bounce.

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	6 DIPS	9 DUMBBELL LAP SNATCHES	15 WALL-BALL SHOTS
ROUND 1	6	15	30
ROUND 2	36	45	60
ROUND 3	66	75	90
ROUND 4	96	105	120
ROUND 5	126	135	150
ROUND 6	156	165	180
ROUND 7	186	195	210
ROUND 8	216	225	240
ROUND 9	246	255	270
ROUND 10	276	285	300
ROUND 11	306	315	330
ROUND 12	336	345	360
ROUND 13	366	375	390
ROUND 14	396	405	420
ROUND 15	426	435	450

Athlete Name _____
Print

Reps at 15 Min. _____

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. _____
Athlete Signature Date

Athlete Copy

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Reps at 15 Min. _____

Workout Location _____

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