



## WORKOUT 22.2

### ADAPTIVE - LOWER EXTREMITY

1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1  
reps for time of:

Deadlifts

Burpees to a target

♀ 125 lb

♂ 185 lb

Time cap: 10 minutes

### NOTES

Prior to starting this workout, the athlete will need to mark a line on the wall above the athlete's extended reach.

This workout begins with the barbell on the floor and the athlete standing tall next to one end of the barbell. After the call of "3, 2, 1 ... go," the athlete will step to the barbell and perform 1 deadlift, then 1 burpee. The athlete will repeat this couplet, performing 2 deadlifts and 2 burpees, 3 and 3, 4 and 4, 5 and 5, etc. Each round will increase by one repetition until the round of 10 and 10. After the round of 10 and 10, the workout continues in reverse order back down to 1 and 1 with the repetitions decreasing by one each round (9 and 9, 8 and 8, 7 and 7, etc.).

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 10-minute time cap.

There is no tiebreak for this workout.

### EQUIPMENT

- Barbell
- Tape for burpees
- Standard bumper plates (18-inch diameter)
- Collars to secure the plates on the barbell
- Plates to load to the appropriate weight for your division\*
- Athletes may **NOT** wear gymnastics grips during this workout.

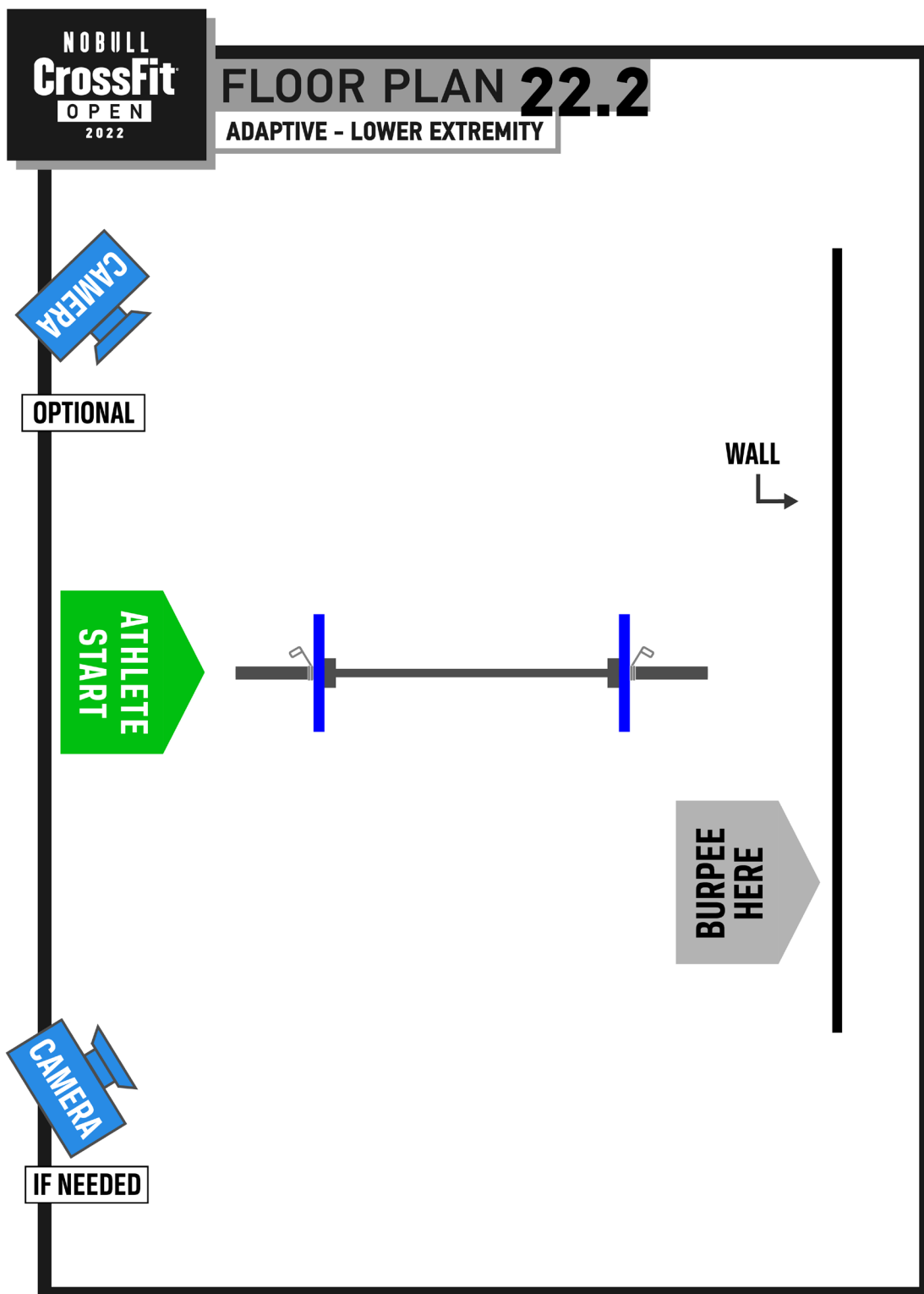
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 83 kg (185 lb) and 56 kg (125 lb).

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 plates and barbell so the loads can be seen clearly and film the measurement of the burpee target.
- 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

### DEADLIFT



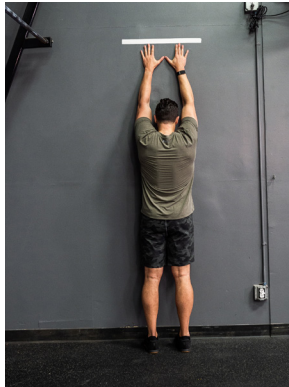
- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.



- The rep is credited when the athlete's hips and knees reach full extension.
- Athletes may **NOT** wear gymnastics grips during this workout.

## MOVEMENT STANDARDS

### BURPEE TO A TARGET



- Stand with your feet together and toes against the wall.
- While standing with your hips and knees straight, extend your arms overhead.
- Touch your thumbs together and extend your fingers.
- Make a mark at the top of your fingertips.
- Then, create a line above the initial mark.
- The bottom of this line must be above the initial mark.
- Clearly show the measurement process during your video submission.



- Athletes must touch their chest and thighs to the ground at the bottom of each burpee.



- The rep is credited when the athlete touches above the line with at least one hand.
- If the athlete misses the touch or touches below the line, the entire burpee must be repeated.



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reps for time of:

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♀ 125 lb

♂ 185 lb

Time cap: 10 minutes

REPS	DEADLIFT	BURPEE
1	1	2
2	4	6
3	9	12
4	16	20
5	25	30
6	36	42
7	49	56
8	64	72
9	81	90
10	100	110
9	119	128
8	136	144
7	151	158
6	164	170
5	175	180
4	184	188
3	191	194
2	196	198
1	199	200

**TIME**

Athlete Name \_\_\_\_\_

Print

Time or Reps at 10 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

**WORKOUT 22.2 - ADAPTIVE - LOWER EXTREMITY**

Athlete Name \_\_\_\_\_

Print

Time or Reps at 10 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. \_\_\_\_\_

Judge Signature

Date