



## WORKOUT 22.2

### ADAPTIVE - NEUROMUSCULAR

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

Deadlifts

Bar-facing burpees

♀ 95 lb

♂ 135 lb

Time cap: 10 minutes

### NOTES

Prior to starting this workout, the athlete will need to mark a long, straight line on the floor and place the barbell on the center of that line.

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 bar-facing burpee. The athlete will repeat this couplet, performing 2 deadlifts and 2 bar-facing 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 or line that bisects the barbell
- 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.

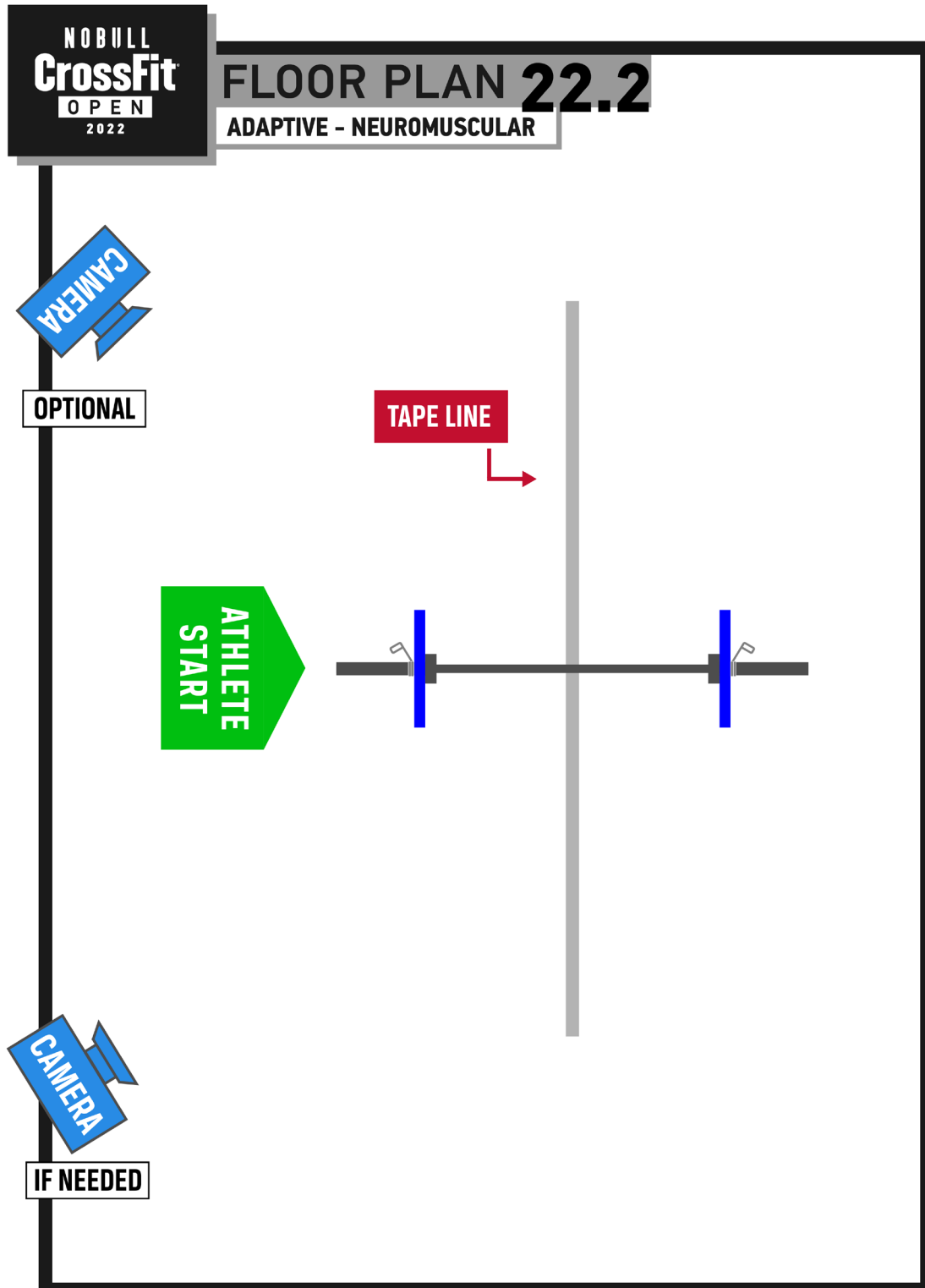
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 61 kg (135 lb) and 43 kg (95 lb).

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.
- 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

### BAR-FACING BURPEE



- Athletes must use a barbell with 18-inch plates.
- The burpees must be performed perpendicular to and facing the barbell.



- Athletes may jump or step back to reach the bottom position.
- The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- The athlete's head must stay behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.



- Athletes may jump or step over the bar.



- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- The athlete must be perpendicular to and facing the barbell before starting the next rep.
- If the athlete receives a "no rep" for any reason, the entire rep must be repeated.



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reps for time of:

Deadlifts

Bar-facing burpees

♀ 95 lb

♂ 135 lb

Time cap: 10 minutes

REPS	DEADLIFT	BAR-FACING 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 - NEUROMUSCULAR**

**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