



WORKOUT 22.2

ADAPTIVE - VISION

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

♀ 125 lb

♂ 185 lb

Time cap: 10 minutes

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 barbell on the floor and the athlete standing tall near the barbell. After the call of "3, 2, 1 ... go," the athlete will 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
- 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.
- 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.

BURPEE



- The chest and thighs must touch the ground.
- Athletes may jump or step back and forth from this position.



- The rep is credited when:
 - the athlete is standing tall;
 - the hands are overhead; and
 - the shoulders, hips, and knees are in line vertically.
- A jump is not required.



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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

Workout Location _____

Judge _____
Judge Name

Time or Reps at 10 Min. _____

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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Print

Workout Location _____

Judge _____
Judge Name

Time or Reps at 10 Min. _____

Has judge passed CrossFit's
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I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date