



WORKOUT 22.2

ADAPTIVE - SEATED WITH HIP FUNCTION

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

Deadlifts

U-turns

♀ *Two 35-lb kettlebells, 30-in U-turn*

♂ *Two 44-lb kettlebells, 30-in U-turn*

Time cap: 10 minutes

NOTES

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

This workout begins with the athlete sitting tall near the kettlebells. After the call of "3, 2, 1 ... go," the athlete will perform 1 deadlift, then 1 U-turn. The athlete will repeat this couplet, performing 2 deadlifts and 2 U-turns, 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.).

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

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

- Kettlebells of the appropriate weight for your division*
- Markers for U-turn

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 20 kg (44 lb) and 16 kg (35 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 kettlebells and markers so the loads and distance 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

KETTLEBELL DEADLIFT

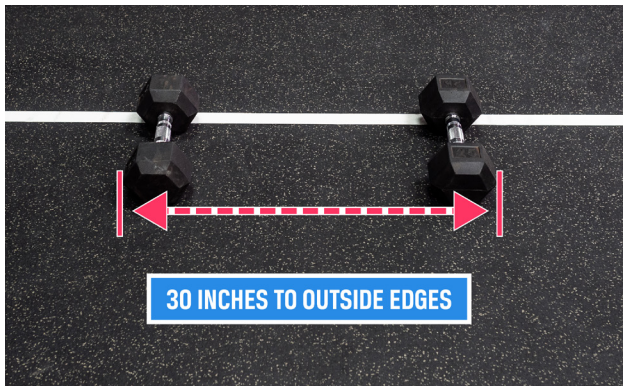


- This is a double kettlebell deadlift.
- Each repetition starts with the kettlebells on the ground, one on each side of the athlete's chair, with the full bell (body of the kettlebell; not including the handle) in front of the athlete's wheel.
- The kettlebells may touch the side of the chair on the ascent but athletes may **NOT** intentionally pin or slide the kettlebells against their chair to assist in lifting.



- The rep is credited when:
 - the athlete's shoulders are over the hips with arms extended; and
 - the kettlebells are off the ground, fully supported by the arms.

U-TURN



- The chair U-turn starts with the athlete's wheelchair axle on one side of the 30-inch markers.



MOVEMENT STANDARDS

U-TURN (CONTINUED)



- The athlete must pull back and spin away from the markers. The athlete then may push to the other side of the markers.



- The rep is credited when the athlete's wheelchair rear axle clearly passes the end of the markers on the opposite side. In the picture, the line to cross is on the far side.



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REPS	DEADLIFT	U-TURN
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

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Print

Time or Reps at 10 Min. _____

Workout Location _____

Judge _____
Judge Name

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