



WORKOUT 22.2

ADAPTIVE - SEATED WITHOUT 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:

Side-to-side deadlifts

U-turns

♀ 26-lb kettlebell, 20-in U-turn

♂ 35-lb kettlebell, 20-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

- Kettlebell 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 16 kg (35 lb) and 12 kg (26 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 kettlebell and markers so the load 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

SIDE-TO-SIDE DEADLIFT



- This is a single kettlebell side-to-side deadlift.
- The kettlebell starts on the ground, beside the athlete's wheel.
- The kettlebell may touch the side of the chair on the ascent but athletes may **NOT** intentionally pin or slide the kettlebell against their chair to assist in lifting.
- Athletes may grab their chair with their non-lifting arm for support.



- At the top, the athlete must pass the kettlebell over the lap.
- Athletes may touch the lap or pass over without touching it.

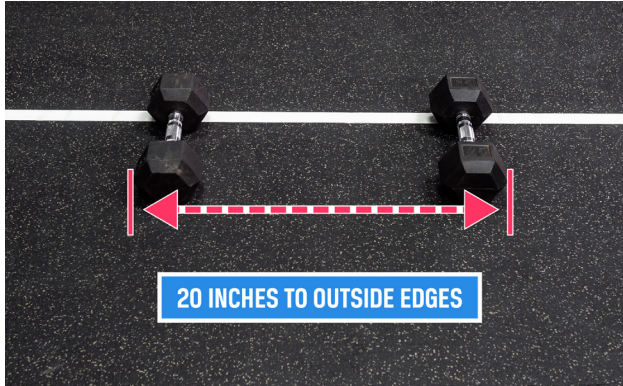


- The rep is credited when the kettlebell touches the ground on the opposite side of their chair from the starting position.



MOVEMENT STANDARDS

U-TURN



- The chair U-turn starts with the athlete's wheelchair axle on one side of the 20-inch markers.



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



- The repetition 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	SIDE-TO-SIDE 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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Athlete Name _____
Print

Time or Reps at 10 Min. _____

Workout Location _____

Judge _____
Judge Name

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