



WORKOUT 22.2 - FOUNDATIONS

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

♀ 55 lb
♂ 75 lb

Time cap: 10 minutes

NOTES

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.

Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.

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 34 kg (75 lb) and 25 kg (55 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; and
 - the athlete's head and shoulders are behind the bar.
- Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.
- Athletes may **NOT** wear gymnastics grips during this workout.

BURPEE



- May jump or step back to reach the bottom position.
- Chest and thighs must touch the ground.
- Stepping and/or jumping back to the starting position are both permitted.

- The rep is credited when the athlete jumps, clapping their hands behind the head.
- Both feet must leave the ground with the hips and knees fully extended.



MOVEMENT STANDARDS
BURPEE (CONTINUED)



- A burpee to an elevated surface is also acceptable.



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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

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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Time or Reps at 10 Min. _____

Athlete Name _____
 Print

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