

## WORKOUT 22.3

### ADAPTIVE - SEATED WITHOUT HIP FUNCTION

For time:

15 chin-over-ring pull-ups  
48 core twists  
21 shoulder presses (weight 1)  
10 chest-to-ring pull-ups  
44 core twists  
18 shoulder presses (weight 2)  
5 ring muscle-ups  
40 core twists  
15 shoulder presses (weight 3)

♀ 35-lb, then 45-lb, then 55-lb press,  
15-lb dumbbell core twist

♂ 55-lb, then 65-lb, then 75-lb press,  
25-lb dumbbell core twist

**Time cap: 12 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 prepared to complete the first set of pull-ups, but not touching the rings. After the call of "3, 2, 1 ... go," the athlete will perform 15 ring pull-ups, then 48 core twists, followed by 21 shoulder presses. Next, the athlete will return to the rings to perform 10 chest-to-ring pull-ups, then 44 core twists and 18 shoulder presses at an increased weight. Finally, the athlete will perform 5 ring muscle-ups, 40 core twists, and 15 shoulder presses at yet another increased weight.

Athletes may set up multiple barbells. If one barbell is used, the athlete may receive assistance changing the load on the bar. Athletes may receive assistance in arranging the barbells. 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 workout or the total number of repetitions completed before the 12-minute time cap.

### TIEBREAK

If the athlete completes the entire workout prior to the 12-minute time cap, their score will be their total time, and there will be no tiebreaker. If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their score. During the workout, be sure to note the athlete's time at the end of each of the first two sets of shoulder presses. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed either the set of 21 shoulder presses or the set of 18 shoulder presses, depending on the athlete's score. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do **NOT** use a countdown timer.

### EQUIPMENT

- Barbell
- Standard bumper plates (no larger than 18-inch or 45-cm diameter) to load to the appropriate weights for the athlete's division\*
- Collars to secure the plates on the barbell
- Rings
- Dumbbell to the appropriate weights for the athlete's division\*

If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches or 22 cm in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches (10 cm) off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the shoulder presses and core twists are 34 kg (75 lb), 29 kg (65 lb), 25 kg (55 lb), 20 kg (45 lb), 15 kg (35 lb), 11 kg (25 lb), and 7.5 kg (15 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.



## OPEN WEEK 3

12 P.M. (NOON) PT THURSDAY, MARCH 10, THROUGH 6 P.M. PT MONDAY, MARCH 14

Presented by

# THORNE

### VIDEO SUBMISSION STANDARDS

- Film the rings, plates, barbell, and dumbbell 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

### SHOULDER PRESS



- The barbell may be stored in a rack or on boxes or may be taken from the ground.
- Every repetition begins with the barbell in contact with the shoulders.
- A strict press or seated version of the push press are all permitted as long as the required finish position is achieved.
- Athletes may shrug and lower the shoulders to create a bounce to start the pressing movement. But as soon as the bar leaves the shoulders, the lift must continue upward overhead or it is a no rep.

- The rep is credited when:
  - the barbell is locked out overhead with the athlete's arms extended; and
  - the bar is directly over, or slightly behind, the center of the athlete's upper body when viewed from profile.

### CORE TWIST



- Every rep begins with the athlete sitting tall in their chair or on the ground, with the dumbbell on one side of the body with at least one head of the dumbbell clearly behind the torso when viewed from profile.



## MOVEMENT STANDARDS

### CORE TWIST (CONTINUED)



- Using two hands, the athlete will move the dumbbell from one side of the body to the other by passing the dumbbell over the thighs in a twisting motion.
- Both hands must be on the dumbbell at all times.
- The rep is credited when the athlete passes at least one head of the dumbbell clearly behind the torso when viewed from profile on the opposite side of the starting position.

### CHIN-OVER-RING PULL-UP



- The rings must be set to hang over and above the height of the athlete's shoulders.
- The athlete must start each rep sitting tall with shoulders vertically over the hips, arms fully extended. The buttocks **MAY** be resting on the ground or chair.
- The feet may be on the ground in front of the body.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- An assistant may manipulate the athlete's legs to keep them in a safe position. Assistants may only touch the athlete below the knees and may not apply any lifting assistance.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bottom of the rings.

## MOVEMENT STANDARDS

### CHEST-TO-RING PULL-UP



- The rings must be set to hang over and above the height of the athlete's shoulders.
- The athlete must start each rep sitting tall with shoulders vertically over the hips, arms fully extended. The buttocks **MAY** be resting on the ground or chair.
- The feet may be on the ground in front of the body.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- An assistant may manipulate the athlete's legs to keep them in a safe position. Assistants may only touch the athlete below the knees and may not apply any lifting assistance.



- The rep is credited when the athlete's chest clearly comes into contact with the rings at or below the collarbone.

### RING MUSCLE-UP



- The rings must be set to hang over and above the height of the athlete's shoulders.
- The athlete must start each rep sitting tall with shoulders vertically over the hips, arms fully extended. The buttocks **MAY** be resting on the ground or chair.
- The feet may be on the ground in front of the body.



- The athlete must pass through some portion of the dip.
- Kipping the muscle-up is acceptable, but swings, rolls to support, and using the legs to stand are not permitted.
- If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

## **MOVEMENT STANDARDS**

### **RING MUSCLE-UP (CONTINUED)**



- The rep is credited when the elbows are fully locked out while in the support position above the rings.
- An assistant may manipulate the athlete's legs to keep them in a safe position. Assistants may only touch the athlete below the knees and may not apply any lifting assistance.



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Time cap: 12 minutes

15 CHIN-OVER-RING PULL-UPS	15	TIME
48 CORE TWISTS	63	
21 SHOULDER PRESSES (WEIGHT 1)	84	
10 CHEST-TO-RING PULL-UPS	94	TIME
44 CORE TWISTS	138	
18 SHOULDER PRESSES (WEIGHT 2)	156	
5 RING MUSCLE-UPS	161	TIME
40 CORE TWISTS	201	
15 SHOULDER PRESSES (WEIGHT 3)	216	

Time or Reps at 12 Min. \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

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 \_\_\_\_\_  
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Tiebreak Time \_\_\_\_\_

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. \_\_\_\_\_  
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