

ONLINE SEMIFINALS ADAPTIVE - SEATED WITHOUT HIP FUNCTION

12 P.M. (NOON) PT THURSDAY, JUNE 2, THROUGH 12 P.M. (NOON) PT FRIDAY, JUNE 3

Presented by

WORKOUT 2

Ingrid

10 rounds for time:

4 lap snatches

2 U-turns

♀ 45 lb, 5-ft U-turn

♂ 65 lb, 5-ft U-turn

Time cap: 10 minutes

NOTES

Prior to starting the workout, set up the floor plan as shown.

Begin the workout behind the U-turn line. At the call of "3, 2, 1 ... go," move to the barbell and complete 4 lap snatches. Then, move back across the line and complete 2 U-turns. Continue in this fashion until 10 rounds are completed. Time stops at the completion of the final U-turn.

Your score will be the total time taken to complete the workout. In the event of a time cap, your score will be the total number of repetitions completed at the 10-minute mark. There is no tiebreak for this workout.

After the workout is complete, move to the camera and state the password BEFORE turning off or moving the camera.

EQUIPMENT

- Barbell and plates of appropriate weight*
- Collars
- Markers for U-turn
- Tape to mark the floor and wall

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

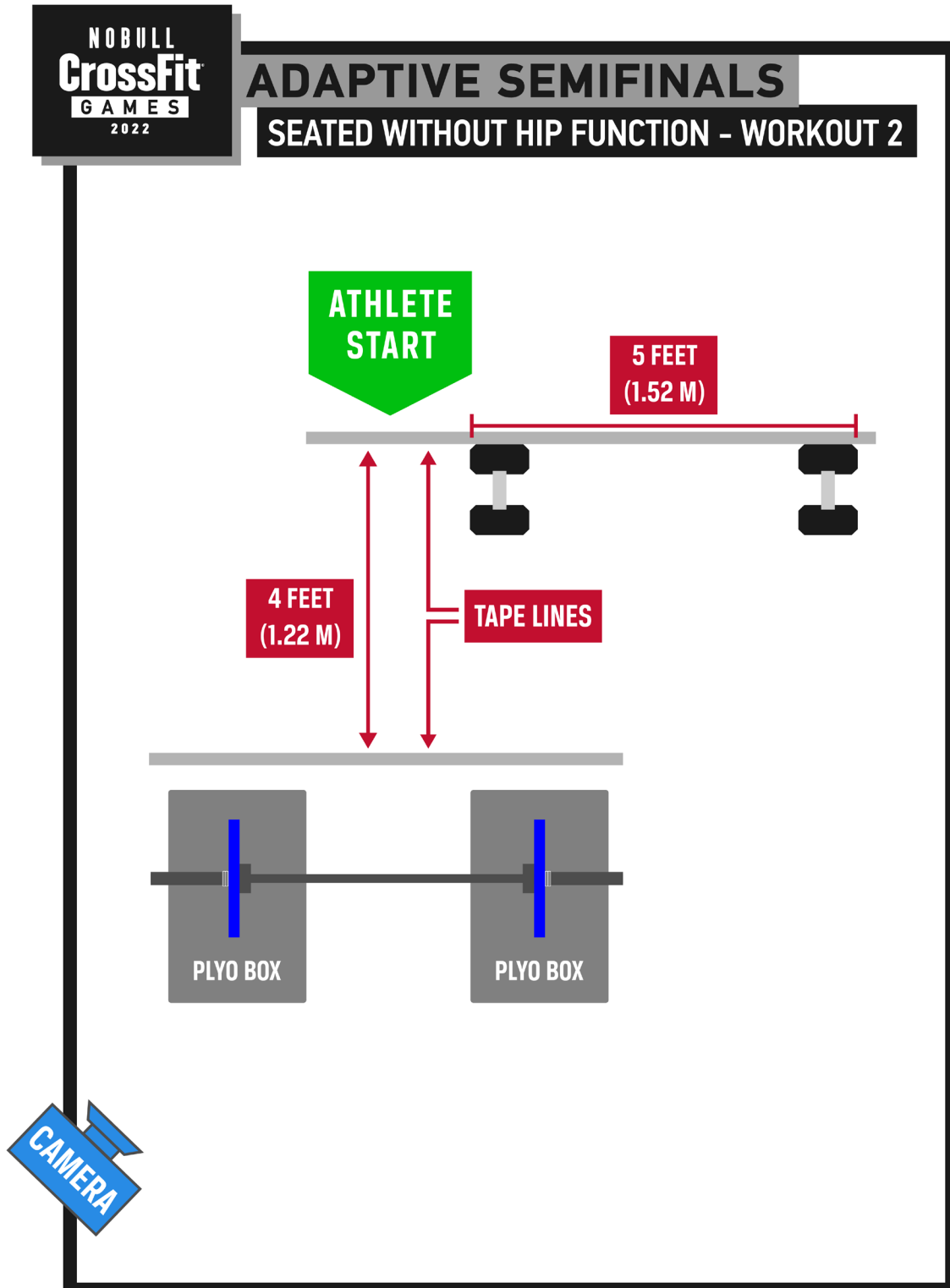
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 20 kg (45 lb) and 29 kg (65 lb).

Be sure you have 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. Unless otherwise stated, you may not receive assistance with your equipment during the workout.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a ¾ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the workout is complete, **STATE THE PASSWORD** before moving or turning off the camera.

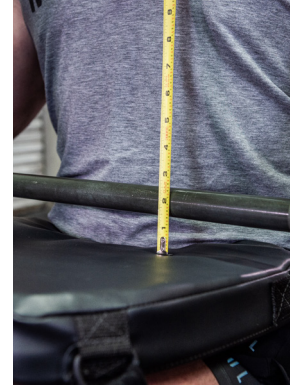


MOVEMENT STANDARDS

LAP SNATCH



- Start the lap snatch with the bar on your lap.



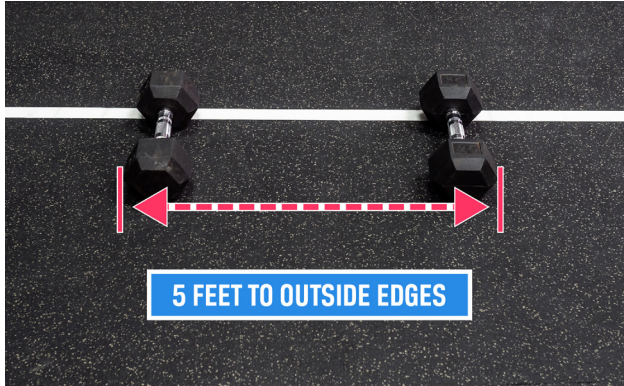
- If using a platform setup (shown in pictures with stacked plates), the resting bottom-most part of the barbell, with plates on the barbell, may be no more than 2 inches above the lap or pad.



- The rep is credited when:
 - you have the bar supported in the overhead position with your elbows extended;
 - the bar is over the center of your body (or slightly behind); and
 - your torso is vertical.
- The bar must continue moving up to the overhead position in one smooth motion.
- The bar may not pause, rest on your chest, or descend during the attempt.

MOVEMENT STANDARDS

U-TURN



- Ensure there's a 5-ft distance from the far edge of one dumbbell to the far edge of the other dumbbell.

- The chair U-turn starts with the wheelchair axle on one side of the 5-ft markers.



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

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MOVEMENT STANDARDS

U-TURN (CONTINUED)



- The rep is credited when the wheelchair's 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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	4 LAP SNATCHES	2 U-TURNS
ROUND 1	4	6
ROUND 2	10	12
ROUND 3	16	18
ROUND 4	22	24
ROUND 5	28	30
ROUND 6	34	36
ROUND 7	40	42
ROUND 8	46	48
ROUND 9	52	54
ROUND 10	58	60

Athlete Name _____
Print

Time or Reps at 10 Min. _____

Workout Location _____ Judge _____
Judge Name

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

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