

# 22.1



**ADAPTIVE SEATED**  
REMEMBER THAT FEELING

**IMPORTANT** — ATHLETES AND TEAMS MUST COMPLETE ALL WORKOUTS ON THE SAME CALENDAR DAY AND IN THE PRESCRIBED ORDER (22.1, 22.2, 22.3).

## WORKOUT 22.1 ADAPTIVE SEATED

**For Time:**

- 60 DB Lap Snatches
- Every minute begins with 6 U-Turns

**Time Cap 12 Minutes**

### EQUIPMENT

- Dumbbell
- Box or markers

### WEIGHTS AND MEASUREMENTS

Function group	Weights M/F in kg.
Adaptive seated - lower*	15 / 10
Adaptive seated - higher*	10 / 7.5

\* See Rulebook Article 2.9 for more information.

Box or markers on the floor	20 inch wide
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Conversion Table	
Kg	Lbs
15	35
12.5	27.5
10	22.5
7.5	17.5

### NOTES

This workout begins with the athlete seated, properly positioned on one side of the box. After the call of "3,2,1...go!" The athlete will have one minute to perform 6 U-turns and in the remainder of the minute as many Lap snatches as possible. This process is repeated at the start of each following minute. The athlete's score is the time upon completion of 60 Lap snatches. Athletes who do not complete 6 U-turns within each minute may not continue to the lap snatches until all U-turns have been completed. For example, if an athlete only performs 5 U-turns in minute 7 they will have to perform the missing 6th rep plus the 6 U-turns from minute 8 before being allowed to progress to the Lap snatches in minute 8. Etc.

If the athlete is unable to complete all 60 Lap snatches within the 12 minutes, the amount of U-turns and Lap Snatches successfully completed within the cap will be noted.

**MOVEMENT STANDARDS****22.1 ADAPTIVE <sup>SEATED</sup>****Dumbbell Snatch**

The dumbbell snatch starts with both heads of the dumbbell on the athlete's lap. A lappad may be used but is not required. The dumbbell must be lifted in one continuous motion. A clean or curl and press is not permitted. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes may alternate arms after each repetition. The athlete may use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body, or wheelchair during the repetition. At the top, the athlete's arm must be fully locked out, with the dumbbell clearly over the middle of the athlete's body when viewed from profile. The rep is credited once the athlete has reached lockout. Athletes may store the dumbbell on top of a box between rounds. Athletes may NOT receive assistance in resetting the dumbbell.



**MOVEMENT STANDARDS**

**22.1 ADAPTIVE <sup>SEATED</sup>**

**U Turns**

Place markers 20 inches apart on the ground, or set a 20-inch-wide box. The chair U-turn starts with the athlete's wheelchair axle in front of the end of the box (or 20-inch markers). The end of the box in the picture is the right side of the box. The athlete then pulls back and must spin away from the box. The athlete then pushes to the other side of the box. The rep is credited when the athlete's wheelchair rear axle clearly passes the end of the box on the opposite side. In the picture, the line to cross is the right side of the box.



# VIDEO INSTRUCTION & STANDARDS

All athletes/teams aiming to qualify are required to film their qualifying workouts. In order to receive an invitation to the final event it is required to provide videos of all the workouts. The videos must comply with the standards as described in the workout description. Failure to present a video (within 24h after request if not provided earlier with registering the score) = no score in that workout and possible disqualification of the athlete/team.

We recommend using the WOD-Proof App <https://wodproofapp.com> to make it easy to follow our requirements. All video submissions should be uncut and unedited in order to accurately display the performance.

Prior to starting the workout: state your name(s), division, date and time, and clearly show the equipment, weights, height of boxes, etc. When a rower is used in the workout, the monitor should be clearly visible throughout the workout.

Important: show at least 5 seconds of the running clock on our website prior to the start of the workout. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout.

Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens will be rejected due to the visual distortion these lenses cause.

If you give Lowlands Throwdown any reason to doubt your performance like edited videos, pushed boundaries, workouts not clearly performed in the right order on the same day etc, your video and score will be rejected. Make sure there are no doubts.

## VIDEO TIPS

**Please read these tips carefully**

<https://help.competitioncorner.net/i-m-an-athlete/online-competitions/video-recording-tips>

It is important to keep in mind that the athlete or team captain is responsible for the timely upload of the videos. If we can't see the video because it is not uploaded or blocked by the provider (for example: copyright protection because of music in the video) and/or any other reason, the video is assumed not to be provided. The score of that workout will then be invalidated.

Past experiences learns that there are 2 major causes for issues:

- Copyright protection because of music.
- Limited playing time on YouTube. View <https://support.google.com/youtube/answer/71673> how you can upload videos longer than 15 minutes

**Please read the tips from the link above carefully and act if needed!**

## VALIDATING VIDEO SUBMISSIONS

Score validation for any online video submission is the sole right of Lowlands Throwdown. The video will be reviewed and scored by Lowlands Throwdown judges. As part of this video review process, the athlete's/team's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to:

- Not showing the running clock on the website of the Lowlands Throwdown;
- Failure to follow the video submission guidelines, including recording movements from angles, distances or with lighting effects that do not allow judges to assess whether the movement standards are being met (Note: due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
- Violation of the workout format, including movement standards;
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards;
- Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning. Prior to submitting a video, athletes/teams should review the video to ensure their reps meet the required standards; that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

## SUPPORT

If you have any questions about the workouts and standards, please contact the event organizer, Lowlands Throwdown — [info@crossfitlowlandstrowdown.nl](mailto:info@crossfitlowlandstrowdown.nl).

If you have questions about submitting your score visit the Help Center on how to submit online scores here: <https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>.

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**IMPORTANT** — TAKE A PICTURE OF THE COMPLETED SCORECARD AND UPLOAD THIS PICTURE WHEN YOU REGISTER YOUR SCORE. AND MAKE SURE YOU HAVE THE JUDGE'S INFORMATION, THIS INFORMATION IS NECESSARY WHEN SUBMITTING YOUR SCORE.

## WORKOUT 22.1 ADAPTIVE SEATED

THIS WORKOUT IS POWERED BY



**For Time:**

60 DB Lap Snatches  
Every minute begins with 6 U-Turns

**Time Cap 12 Minutes**

Time (timecap 12:00)	U-turn	DB Snatch
0:00-0:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
1:00 - 1:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
2:00 - 2:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
3:00 - 3:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
4:00 - 4:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
5:00 - 5:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
6:00 - 6:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
7:00 - 7:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
8:00 - 8:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
9:00 - 9:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
10:00 - 10:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
11:00 - 11:59	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Reps completed:</b>		
<b>"Total reps: (U-turns + DB Snatch)"</b>		
<b>Time:</b>		

Judge copy

Name athlete:	Date / time:	Time OR Reps:
Name Judge:	Email Judge:	Adaptive Seated
I confirm the information above accurately represents the athlete's performance for this workout. This workout was performed before 22.2 & 22.3.		Athlete signature + Date:

Athlete copy

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Name athlete:	Date / time:	Time OR Reps:
Name Judge:	Email Judge:	Adaptive Seated
I confirm the information above accurately represents the athlete's performance for this workout. This workout was performed before 22.2 & 22.3.		Judge signature + Date: