

# 22.2



**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 22.2 ADAPTIVE SEATED

**9 min AMRAP:**

**BUY-IN**

**3 Rounds of:**

- 7/5 Calorie row
- 10 Lap Cleans

**3 Rounds:**

- 7/5 Calorie row
- 10 Shoulder Press

**AMRAP:**

- 7/5 Calorie row
- 10 Lap Snatch

*May perform the row and/or the lifts from a chair or another seated position.*

## EQUIPMENT

- Rower
- Bar
- Collars
- Plates to load the appropriate weight in your division

## WEIGHTS AND MEASUREMENTS

Function group	Weights M/F in kg.
Adaptive seated - lower*	25 / 15
Adaptive seated - higher*	15 / 10

\* See Rulebook Article 2.9 for more information.

Box	20 inch wide
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Conversion Table	
Kg	Lbs
25	55
15	35
12.5	27.5

## NOTES

This workout begins with the athlete positioned at the rower. After the call of "3,2,1...go!" The athlete will perform three rounds of 7 calories for men and 5 calories for women on the rower and 10 lap cleans. Then they will perform three rounds of 7 or 5 calories and 10 shoulder presses. In the remaining time the athlete will perform as many rounds and repetitions possible of 7 or 5 calories on the rower and 10 Lap Snatches.

The athletes score is the total number of repetitions completed in 9 minutes. There is no tiebreak for this workout.

THIS WORKOUT IS POWERED BY



**MOVEMENT STANDARDS****22.2 ADAPTIVE <sup>SEATED</sup>****Row**

The monitor on the rower must be set to zero calories at the START of each row. Athletes may receive assistance in resetting the monitor to zero if they split the row into multiple sets. Feet may not be strapped into the rower and athletes may sit in a chair or on a box but not on the ground for this workout. When exiting the rower, credit will be earned for the calories displayed at the time the handle is released.



## MOVEMENT STANDARDS

## 22.2 ADAPTIVE <sup>SEATED</sup>

### Lap Cleans

If using a platform setup for the lap clean (shown in pictures with stacked plates), the resting bottom-most part of the barbell, with plates on the barbell, may be no more than 5 cm (2 inches) above the lap or pad. The lap clean may start from the lap or from a platform set-up (from lap shown in picture). Athletes may perform the clean in their wheelchair or another seated position (wheelchair shown in pictures). The rep is credited when the bar is supported in the front-rack position and the athlete's torso is vertical. The bar may not pause, rest on the chest, or descend during the attempt. If it does, the repetition does not count and the complex must be restarted.



**MOVEMENT STANDARDS****22.2 ADAPTIVE <sup>SEATED</sup>****Shoulder Press**

Each set of presses begins with the barbell touching the athlete's shoulders. Athletes may perform this movement from their wheelchair or another seated position. Lockout with the barbell overhead. The athlete's arms must be fully extended, and the barbell must be directly over, or slightly behind, the middle of their body. Athletes may NOT receive assistance moving or resetting their barbell.



**MOVEMENT STANDARDS****22.2 ADAPTIVE <sup>SEATED</sup>****Lap Snatch**

If using a platform setup for the lap snatch (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 lap snatch may start from the lap or from a platform setup (from lap shown in picture). Athletes may perform the snatch in their wheelchair or another seated position (wheelchair shown in pictures). The rep is credited when the bar is supported in the overhead position and the athlete's torso is vertical. The bar may not pause, rest on the chest, or descend during the attempt.



# 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 22.2 ADAPTIVE SEATED

- 9 min AMRAP:**  
**BUY-IN**  
**3 Rounds of:**  
 7/5 Calorie row  
 10 Lap Cleans  
**3 Rounds:**  
 7/5 Calorie row  
 10 Shoulder Press

- AMRAP:**  
 7/5 Calorie row  
 10 Lap Snatch

*May perform the row and/or the lifts from a chair or another seated position.*

THIS WORKOUT IS POWERED BY



Round	7 / 5 Calorie row	10 Lap Cleans
1		
2		
3		
Round	7 / 5 Calorie row	10 Shoulder Press
4		
5		
6		
Round	7 / 5 Calorie row	10 Snatch
7		
8		
9		
10		
11		
12		
13		
14		
15		
<b>Total reps:</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 after 22.1 and before 22.3.		Athlete signature + Date:

Athlete 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 after 22.1 and before 22.3.		Judge signature + Date: