

22.3



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 22.3 ADAPTIVE SEATED

**8 min AMRAP with an ascending ladder:
3-6-9-etc.**

- Wall Ball Shot
- DB Deadlift (2 dumbbells)

EQUIPMENT

- Wall Ball
- Dumbbells

NOTES

This workout begins with the athlete in a seated position in front of the wall with the wall ball on the floor. After the call of "3, 2, 1... Go!" The athlete will perform 3 Wall Ball shots and then perform 3 Dumbbell Deadlifts. The athlete will then perform 6 Wall Ball shots and 6 DB Deadlifts. The athlete will continue to move from Wall Ball shots to DB deadlifts, adding 3 repetitions to each movement, each round, until the time has expired.

The Athletes score will be the total number or repetitions completed.

WEIGHTS AND MEASUREMENTS

| Wall Ball | | |
|---------------------------|-------------------|--------------------|
| Function group | Weights M/F in kg | Height M/F in feet |
| Adaptive seated - lower* | 5 / 4 | 9 / 8 |
| Adaptive seated - higher* | 4 / 3 | 9 / 8 |

* See Rulebook Article 2.9 for more information.

| Dumbbell(s) | |
|--------------------------|--------------------------------|
| Function group | Weights per dumbbell M/F in kg |
| Adaptive seated - lower | 7.5 / 5 |
| Adaptive seated - higher | 5 / 2.5 |

| | |
|-----|--------------|
| Box | 20 inch wide |
|-----|--------------|

| Conversion Table | |
|------------------|-------|
| Kg | Lbs |
| 7.5 | 17.5 |
| 5 | 12 |
| 4 | 10 |
| 3 | 8 |
| 2.5 | 7 |
| Feet | Meter |
| 9 | 2.7 |
| 8 | 2.4 |

MOVEMENT STANDARDS

22.3 ADAPTIVE ^{SEATED}

Wall Balls

Wall Ball starts in front of the athlete on the floor in a seated position. If an athlete needs to sit on a box instead of a chair. The maximum height of the box is 20 inches and must be shown in video. Athletes will throw the ball with 2 limbs up to the target line on the wall. The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.



MOVEMENT STANDARDS

22.3 ADAPTIVE ^{SEATED}

Dumbbell deadlifts (2 dumbbells)

The Athlete will start seated in a wheelchair or on a box/bench. The athlete will reach down and grab the dumbbells with both hands and must pull the dumbbell's at the same time from the floor to the top of the rep. The dumbbell head only needs to touch one head if able to reach the floor. The top of the rep will consist of shoulders over hips and arms fully extended at side with dumbbells off the floor. The dumbbells must return to the start point with the full bottom of dumbbells touching the floor before the next rep starts. If the athlete can not reach the floor, the floor may be raised to a point where the chest touches the knees and the arms are fully extended. Pinning the dumbbells to the wheel is not allowed. Dumbbells must move up and down freely.



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.

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 22.3 ADAPTIVE SEATED

8 min AMRAP with an ascending ladder:

3-6-9-etc.

Wall Ball Shot

DB Deadlift (2 dumbbells)

| Round | Reps | Wall ball | DB Deadlifts |
|--------------------|------|-----------|--------------|
| 1 | 3 | (3) | (6) |
| 2 | 6 | (12) | (18) |
| 3 | 9 | (27) | (36) |
| 4 | 12 | (48) | (60) |
| 5 | 15 | (75) | (90) |
| 6 | 18 | (108) | (126) |
| 7 | 21 | (147) | (168) |
| 8 | 24 | (192) | (216) |
| 9 | 27 | (243) | (270) |
| 10 | 30 | (300) | (330) |
| 11 | 33 | (363) | (396) |
| 12 | 36 | (432) | (468) |
| 13 | 39 | (507) | (546) |
| 14 | 42 | (588) | (630) |
| 15 | 45 | (675) | (720) |
| Total reps: | | | |

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 & 22.2. | | 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 & 22.2. | | Judge signature + Date: |