

# 22.1



**ADAPTIVE** STANDING  
**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 STANDING

### For Time:

- 60 DB Snatches for time
- Every minute begins with 6 Burpees

### Time Cap 12 Minutes

- Single DB.
- Athletes may alternate arms for dumbbell snatch as desired.

## EQUIPMENT

- Dumbbell

## NOTES

This workout begins with the athlete standing. After the call of “3,2,1 ... go,” the athlete will have one minute to perform 6 burpees. In the remainder of the minute the athlete will perform as many dumbbell 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 dumbbell snatches. Athletes who do not complete 6 Burpees within each minute may not continue to the snatches until all burpees have been completed. For example, if an athlete only performs 5 burpees in minute 7 they will have to perform the missing 6th rep plus the 6 burpees from minute 8 before being allowed to progress to the DB snatches in minute 8. Etc.

If the athlete is unable to complete all DB snatches within the 12 minutes, the amount of Burpees and DB Snatches successfully completed within the cap will be noted.

## WEIGHTS AND MEASUREMENTS

Function group	Weights M/F in kg.
Adaptive standing	15 / 10
Adaptive standing - single arm/leg*	12.5 / 7.5

\* See Rulebook Article 2.10 for more information.

Conversion Table	
Kg	Lbs
15	35
12.5	27.5
10	22.5
7.5	17.5

THIS WORKOUT IS POWERED BY

**ROGUE®**

## MOVEMENT STANDARDS

## 22.1 ADAPTIVE STANDING

### Dumbbell Snatch

The dumbbell snatch starts with both heads of the dumbbell on the ground. The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed. Athletes may alternate arms after each repetition. Athletes may NOT use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body during the repetition. At the top, the athlete's arm, hips, and knees 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. The athlete may choose to do a split snatch. However, the feet/foot must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count. Athletes may NOT receive any assistance in resetting the dumbbell.



**MOVEMENT STANDARDS****22.1 ADAPTIVE** *STANDING***Burpee**

Athletes may jump or step back to reach the bottom position. Chest and thighs must touch the ground. The rep is credited when the knee(s) and hips are fully extended in a jump or standing position with the hands clapping together above or behind the head. A jump is not required.



# 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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ADAPTIVE STANDING  
REMEMBER THAT FEELING

**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 STANDING

THIS WORKOUT IS POWERED BY  
**ROGUE**

**For Time:**  
60 DB Snatches for time  
Every minute begins with 6 Burpees

**Time Cap 12 Minutes**

- Single DB.
- Athletes may alternate arms for dumbbell snatch as desired.

Time (timecap 12:00)	Burpee	DB Snatch
0:00-0:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
1:00 - 1:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
2:00 - 2:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
3:00 - 3:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
4:00 - 4:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
5:00 - 5:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
6:00 - 6:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
7:00 - 7:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
8:00 - 8:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
9:00 - 9:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
10:00 - 10:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
11:00 - 11:59	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>	
Reps completed:		
"Total reps: (Burpees + DB Snatch)"		
Time:		

Judge copy

Name athlete:

Date / time:

Time OR Reps:

Name Judge:

Email Judge:

Adaptive Standing

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

Name athlete:

Date / time:

Time OR Reps:

Name Judge:

Email Judge:

Adaptive Standing

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: