

22.2



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 22.2 ADAPTIVE STANDING

9 min AMRAP:

BUY-IN

3 Rounds of:

- 40 single-unders
- 25 single-arm dumbbell front squats

3 Rounds:

- 40 single-unders
- 25 single-arm dumbbell shoulder-to-overhead

AMRAP:

- 40 single-unders
- 25 single-arm dumbbell thrusters

Athletes may alternate arms for DB snatch as desired.

EQUIPMENT

- Jump rope
- Dumbbell

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

NOTES

This workout begins with the athlete standing tall and the jump rope on the ground. After the call of “3,2,1 ... go,” the athlete will perform three rounds of 40 single unders and 25 one arm dumbbell front squats and then move on to doing three rounds of 40 single unders and 25 one arm dumbbell shoulder to overhead. With the remainder of the time, the athlete performs as many rounds and reps as possible of 40 single unders and 25 one arm dumbbell thrusters.

The athlete’s score will be the total number of repetitions completed within the 9-minute time cap. There is no tiebreak for this workout.

THIS WORKOUT IS POWERED BY



MOVEMENT STANDARDS

22.2 ADAPTIVE STANDING

Single Unders

The rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



MOVEMENT STANDARDS**22.2 ADAPTIVE** *STANDING***Dumbbell Front Squat**

Each set of front squats must begin with the dumbbell on the ground. The crease of the athlete's hip must be clearly below the top of the knees at the bottom. The dumbbell must remain in the front-rack position. The hand(s) MUST remain on the dumbbell. Athletes may use both arms to hold the dumbbell in front of the shoulders, similar to a goblet squat position. A full squat clean is permitted but not required to start the movement. The rep is credited when the athlete's hips and knees reach full extension while the dumbbell is supported in the front-rack position. Athletes may NOT receive assistance moving or resetting their dumbbell.

Athletes who cannot squat independently are allowed to use a box set below parallel.



MOVEMENT STANDARDS

22.2 ADAPTIVE STANDING

Dumbbell Shoulder2Overhead

Each rep begins with the dumbbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the dumbbell finishes directly over the body with the feet in line. If an athlete uses a split jerk, their feet must return under the hips to meet the requirement of elbow, shoulder, hips and knees all being fully extended and weight over the heels.



MOVEMENT STANDARDS**22.2 ADAPTIVE** *STANDING***Dumbbell Thruster**

Each set of thrusters begins with the dumbbell on the ground. The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the dumbbell is taken from the floor. Athletes may alternate arms. The rep is credited when the athlete reaches full lockout with the dumbbell overhead. The athlete's hips, knees, and arm must be fully extended, and the dumbbell must be directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed. Athletes may NOT receive assistance moving or resetting their dumbbell.

Athletes who cannot squat independently are allowed to use a box set below parallel.



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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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 22.2 ADAPTIVE STANDING

- 9 min AMRAP:
BUY-IN
3 Rounds of:
40 single-unders
25 single-arm dumbbell front squats
3 Rounds:
40 single-unders
25 single-arm dumbbell
shoulder-to-overhead
AMRAP:
40 single-unders
25 single-arm dumbbell thrusters

Athletes may alternate arms
for DB snatch as desired.

THIS WORKOUT IS POWERED BY
FITAID+

Round	40 single unders	25 single-arm dumbbell front squats
1	(40)	(65)
2	(105)	(130)
3	(170)	(195)
Round	40 single unders	25 single-arm dumbbell shoulder-to-overhead
4	(235)	(260)
5	(300)	(325)
6	(365)	(390)
Round	40 single unders	25 single-arm dumbbell thrusters
7	(430)	(455)
8	(495)	(520)
9	(560)	(585)
10	(625)	(650)
11	(690)	(715)
12	(755)	(780)
13	(820)	(845)
14	(885)	(910)
15	(950)	(975)
Total reps:		

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