

# 22.3



**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 22.3 ADAPTIVE STANDING

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

- Wall ball Shot
- DB Deadlift

*Single-Arm athletes use a single DB for the deadlifts.*

*Athletes with two functional upper extremities use 2x DBs for the deadlifts.*

*Single-Arm athletes may perform a single DB thruster as a substitution for the WBS.*

## NOTES

This workout begins with the athlete standing behind the wall with the medicine ball on the ground. 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 dumbbell Deadlifts. The athlete will continue to move from wall ball shots to dumbbell deadlifts, adding 3 repetitions to each movement each round, until the time has expired.

Single arm athletes use a single dumbbell for the deadlifts. Single arm athletes may perform a single arm dumbbell thruster as a substitution for the wall ball shots. Athletes with two functional upper extremities use two dumbbell's for the deadlifts.

## EQUIPMENT

- Wall ball
- Dumbbell(s)

## WEIGHTS AND MEASUREMENTS

Wall ball	
Function group	Weights M/F in kg.
Adaptive standing	6 / 4
Adaptive standing - single arm/leg*	4 / 2
Adaptive single arm may substitute wall balls for single arm dumbbell thrusters	

\* See Rulebook Article 2.10 for more information.

Single arm dumbbell thruster	
Function group	Weights M/F in kg.
Adaptive standing - single arm	10 / 7.5

Dumbbell(s) deadlift	Weights per dumbbell
Adaptive standing	10 / 7.5
Adaptive standing - single arm	22.5 / 15
Adaptive standing - single leg	7.5 / 5

Box	20 inch wide
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Conversion Table	
Kg	Lbs
22.5	50
15	35
10	22.5
7.5	17.5
6	14
4	10
2	6
Feet	Meter
9	2.7
8	2.4

## MOVEMENT STANDARDS

## 22.3 ADAPTIVE STANDING

### Wall balls

In the wall ball shot, the medicine ball must be taken from the bottom of a squat, hip crease passing clearly below the knee, and thrown to hit the specified target. The center of the ball must make contact with the target at or above the specified target height. If the ball hits below or does not hit the target it is a no rep. If the ball hits the ground it must come to a rest before initiating the next rep. Taking the ball from the rebound into the next rep is a no rep.

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



## MOVEMENT STANDARDS

## 22.3 ADAPTIVE STANDING

### Dumbbell deadlift

This is a traditional Dumbbell deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the dumbbell(s) is lifted until hips and knees reach full extension. In the bottom position, only one dumbbell head needs to touch the floor. Any hand position is allowed, but the arms must be straight throughout. Deliberate bouncing of the dumbbell(s) is not allowed. Dropping the dumbbell(s) after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually.



## MOVEMENT STANDARDS

## 22.3 ADAPTIVE STANDING

### Single DB thruster

This is a standard Dumbbell thruster in which the dumbbell moves from the bottom of a front squat to full lockout overhead. At the bottom of each rep, the hip crease must clearly pass below the top of the knees. A full squat clean into the thruster is allowed when the dumbbell is taken from the floor. The rep is credited when the dumbbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

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](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>.

# 22.3



# 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 22.3 ADAPTIVE STANDING

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Round	Reps	Wall ball / Single arm DB thruster	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 Standing
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 Standing
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: