



WORKOUT 22.2

1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1
reps for time of:

Deadlifts
Bar-facing burpees

♀ 155 lb

♂ 225 lb

Time cap: 10 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 155 lb

♂ 225 lb

Scaled (Ages 16-54)

♀ 95 lb, may step over bar on burpees

♂ 135 lb, may step over bar on burpees

Teenagers 14-15

♀ 95 lb

♂ 135 lb

Scaled Teenagers 14-15

♀ 55 lb, may step over bar on burpees

♂ 75 lb, may step over bar on burpees

Masters 55+

♀ 125 lb

♂ 185 lb

Scaled Masters 55+

♀ 85 lb, may step over bar on burpees

♂ 115 lb, may step over bar on burpees

NOTES

Prior to starting this workout, the athlete will need to mark a long, straight line on the floor and place the barbell on the center of that line.

This workout begins with the barbell on the floor and the athlete standing tall next to one end of the barbell. After the call of "3, 2, 1 ... go," the athlete will step to the barbell and perform 1 deadlift, then 1 bar-facing burpee. The athlete will repeat this couplet, performing 2 deadlifts and 2 bar-facing burpees, 3 and 3, 4 and 4, 5 and 5, etc. Each round will increase by 1 repetition until the round of 10 and 10. After the round of 10 and 10, the workout continues in reverse order back down to 1 and 1, with the

repetitions decreasing by 1 rep each round (9 and 9, 8 and 8, 7 and 7, etc.).

Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 10-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell
- Tape or line that bisects the barbell
- Standard bumper plates (18-inch diameter)
- Collars to secure the plates on the barbell
- Plates to load to the appropriate weight for your division*
- Athletes may **NOT** wear gymnastics grips during this workout.

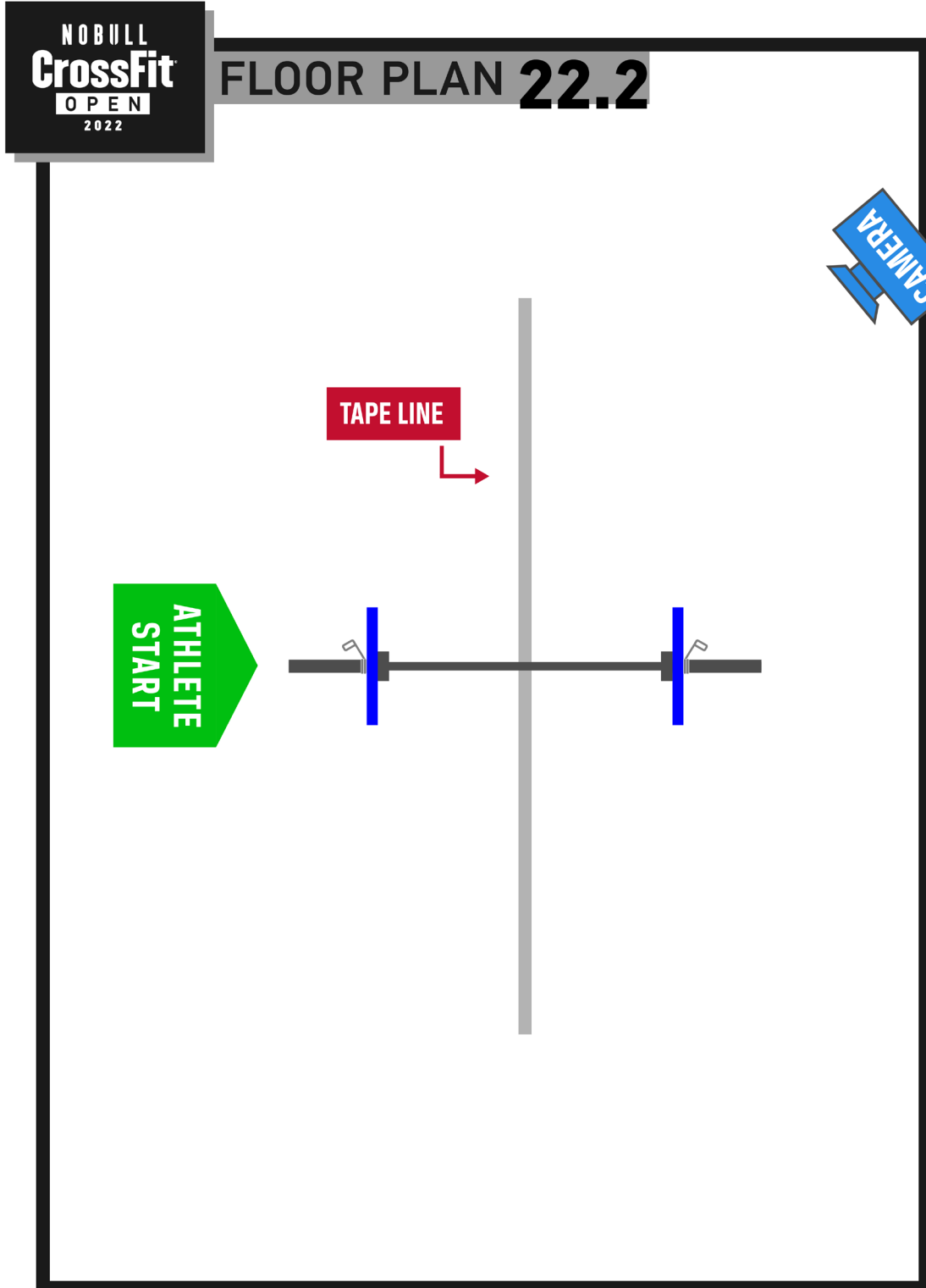
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 102 kg (225 lb), 83 kg (185 lb), 70 kg (155 lb), 61 kg (135 lb), 56 kg (125 lb), 52 kg (115 lb), 43 kg (95 lb), 38 kg (85 lb), 34 kg (75 lb), and 25 kg (55 lb).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.





MOVEMENT STANDARDS

DEADLIFT



- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.



- The rep is credited when:
 - the athlete's hips and knees reach full extension, and
 - the athlete's head and shoulders are behind the bar.
- Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.
- Athletes may **NOT** wear gymnastics grips during this workout.



MOVEMENT STANDARDS

BAR-FACING BURPEE



- Athletes must use a barbell with 18-inch plates.
- The burpees must be performed perpendicular to and facing the barbell.



- Athletes may jump or step back to reach the bottom position.
- The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- The athlete's head must stay behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.



- The athlete **MUST** clearly jump over the barbell.
- Both feet must be off the ground as the athlete passes over the bar.
- Stepping over is **NOT** permitted.
- The athlete does **NOT** need to use a two-foot takeoff.
- Scaled divisions may step over the bar.
- Touching the barbell on the jump or step-over is a "no rep."



- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- The athlete must be perpendicular to and facing the barbell before starting the next rep.
- Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern.
- If the athlete receives a "no rep" for any reason, the entire rep must be repeated.



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| REPS | DEADLIFT | BAR-FACING BURPEE |
|------|----------|-------------------|
| 1 | 1 | 2 |
| 2 | 4 | 6 |
| 3 | 9 | 12 |
| 4 | 16 | 20 |
| 5 | 25 | 30 |
| 6 | 36 | 42 |
| 7 | 49 | 56 |
| 8 | 64 | 72 |
| 9 | 81 | 90 |
| 10 | 100 | 110 |
| 9 | 119 | 128 |
| 8 | 136 | 144 |
| 7 | 151 | 158 |
| 6 | 164 | 170 |
| 5 | 175 | 180 |
| 4 | 184 | 188 |
| 3 | 191 | 194 |
| 2 | 196 | 198 |
| 1 | 199 | 200 |

TIME

Athlete Name _____
Print

Time or Reps at 10 Min. _____
 Rx'd Scaled

Workout Location _____

Judge _____
Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

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Time or Reps at 10 Min. _____
 Rx'd Scaled

Athlete Name _____
Print

Workout Location _____

Judge _____
Judge Name

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Judge Signature Date