



THE GLASGOW CLASSIC

PAIRS EVENT 3

SNATCH/ BURPEE EMOM

For time:

150x Power Snatches 35/25kg

EMOM: 5x Synchro Burpees

90+ 30/20kg

Equipment

- 1x Barbells 20/15kg
- Plates to load 35/25 30/20kg total

General Notes

The athletes will begin the workout within their lanes but the start positions will be staggered to either the start or finish mat so that the athletes have space to advance toward the red line marking the centre of the field of play.

At the start of timer clock, and not before, the athletes will set up either side of their bar and drop to begin five synchronised burpees. Immediately upon finishing the burpees the athletes begin their power snatches. The athletes complete as many of the repetitions as possible in the remaining time that minute, splitting the work as required.

Every minute on the minute the athletes must complete 5 synchro burpees in order to progress to the snatches.

Every time the athletes complete fifty repetitions, they should advance their barbell forward one 2m lane increment to demonstrate their progress in the workout.

When all power snatches are complete, the athletes progress straight over the red centre line to complete their workout.

FINALS 2019

Saturday 21st September

Time Cap

The athletes will have 10 minutes to complete the workout.

Scoring

The score is given by the number of repetitions of the power snatch completed at the end of the workout (from a total of 151 reps; including 1 rep for reaching the finish line within the time cap). Individuals completing all repetitions will be separated by their total time to completion.

Penalties

If the athletes fail to complete a round of 5 synchro burpees within the minute, they will be capped from the workout and their score will reflect the work completed up to that point.

Movements that do not meet the stated standards will be considered invalid and must be repeated in order for the athlete to progress.

Movement Guidance

Power Snatch

In the power snatch, the barbell begins on the ground and must be lifted overhead in one smooth motion. No part of the body other than the feet may touch the ground during the repetition.

A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

In the overhead position the knees, hips and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension.

Touch and go is permitted provided the bar is not deliberately bounced.

Synchro Burpee

The synchronised burpees begin with two athletes facing one another over the bar. The chest and thighs of both athletes must be in contact with the ground simultaneously - synchronisation is achieved on the floor. Both athletes then stand, passing the hips through full extension on a jump and bring the hands together overhead, not behind the head.