



THE GLASGOW CLASSIC

INDY EVENT 3

FRONT SQUAT/ BURPEES

For Time:

20-15-10-5

Front Squat 80/50kg

Bar facing burpees

Equipment

- 1x Barbell 20/15kg
- Plates to load 80/50kg 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 enter the field of play and begin to perform alternating sets of front squats and bar facing burpees.

The bar will be sited on a lane increment line and should be advanced to the next dashed white line after each set of burpees by rolling it forward on the ground.

After the round of 15 burpees over the bar, the athletes will **step back over the bar** to resume facing the centre of the field of play.

At the end of the final set of 5 burpees over the bar, the athlete progresses straight over the red centre line to complete their workout.

FINALS 2019

Saturday 21st September

Time Cap

The athlete will have 10 minutes to complete the workout.

Scoring

The score is given by the number of repetitions completed at the end of the workout (from a total of 101 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

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

Front Squat

This is a standard front squat which begins with the athlete standing at full extension with knees and hips fully locked out* and the barbell in the front rack position. The athlete descends until their hips are clearly below the level of the knees and then stands back up to full extension in order to complete the rep.

The bar must be held in a standard front rack position. Athletes may not perform the "Genie" rack by folding their hands across the shoulders and bar.

*The first rep of a given set may be completed as a squat clean.

Bar Facing Burpees

The athlete begins the burpee by dropping to the floor at right angles to the bar. Chest and thighs must touch the floor and no part of the face should overhang the line of the bar. feet and legs may fall outside the lane but the hips and torso must remain clearly within the lane.

In order to complete the rep, the athlete must perform a **two footed jump** where both feet take off **at the same time**. Staggered take offs are invalid. The athlete does not need to stand to extension between reps.

Finish

The athlete's heels must pass fully over the line to complete the workout.