



## THE GLASGOW CLASSIC

# QUALIFIER P19.2

## PAIRS

### For Time (Cap 10):

100x Synchro Wall Ball Shots 20/14lbs  
(Split)

100x Double Unders (each, concurrent)

50x Synchro Pull Ups

## 90+ PAIRS

### For Time (Cap 10):

100x Synchro Wall Ball Shots 14/10lbs  
(Split)

100x Single Unders (each, concurrent)

50x Synchro Knee Raises

## Equipment

- 2x Medicine Ball 20/14/10lbs
- 2x Pairs Skipping Ropes
- 2x Pull Up Bars

## Notes

The workout begins with both athletes ready at the wall ball station. At the start of the timer clock, and not before, both athletes may lift the medicine balls and begin the synchro wall ball shots.

Once all of the wall ball shots have been completed a split time is recorded for use in the event of a tiebreaker situation and the athletes move on to the double under skips. Both athletes skip at the same time but it is not synchronised and athletes may finish the skips independently.

Once the skips have been completed, the athletes progress to the synchro pull ups and work together until the reps are complete or the time cap is reached.

At the end of the workout, the total number of successfully completed repetitions should be noted for scoring alongside the split time for the completed wall ball shots.

## QUALIFIER P19.2

Thursday 11th July 2019

## Video Submission Guidance

Set up the camera at right angles to the position of the medicine ball, skipping ropes and pull up bar in order that the movements may be viewed in profile. Athletes should face one another for the synchro burpees to avoid obscuring a clear view of each athlete on the video.

## Movement Guidance

### Synchro Wall Ball Shots

This is a standard wall ball shot, in which the ball moves from the bottom of a front squat before being thrown to touch a target at the stated height.

The hip crease must pass clearly below the top of the knees in the bottom of the squat and the repetition is complete when the ball touches any position on the face of a rig mounted target or when the whole ball passes clearly above a line on the wall.

Synchronisation is achieved in the squat with both athletes clearly at depth in the repetition at the same time.

### Double Under

This is a standard 'double under' skip in which the rope passed under the feet two times for every jump.

### Synchro Pull Ups

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all of the requirements are met. The arms must be fully extended at the bottom and the chin must pass clearly above the level of the bar. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met.

Synchronisation is achieved when the chins of both athletes are clearly visible above the bar at the same time.



THE GLASGOW CLASSIC

PAIRS 19.2

RX

**For Time (Cap 10):**

100x Synchro Wall Ball Shots 20/14lbs (Split)

100x Double Unders (each, concurrent)

50x Synchro Pull Ups

**Synchro Wall Ball Shots**

10	20	30	40	50	60	70	80	90	100	100
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Split time

**Double unders**

**Athlete 1**

10	20	30	40	50	60	70	80	90	100	200
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**Athlete 2**

10	20	30	40	50	60	70	80	90	100	300
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**Synchro Pull Ups**

10	20	30	40	50						350
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ATHLETE

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JUDGE SIGNATURE

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Split time

Score

Time