



FINALS 2019

Sunday 22nd September

THE GLASGOW CLASSIC

TEAM EVENT 6

WORM/ BIKE

For time:

90/60 Kcal Bike

20x Worm Clean & Jerk

10x Synchro Burpees

10m ADVANCE

90/60x Kcal Bike

20x Worm Squats

10x Synchro Burpees

10m ADVANCE

90/60x Kcal Bike

20x Worm Thrusters

10x Synchro Burpees

Lunge 20m

Sprint 20m

Equipment

- 2x Rogue Echo Bikes
- 1x Rogue 6 Man Worm 200kg

General Notes

The workout begins with the whole team on the green start mat. At the sound of the timer clock and not before, the male and female athletes break into same sex subteams and advance onto the field of play to simultaneously begin work on separate bikes.

Athletes may swap out as often as they require with no minimum work requirement for any athlete. The handles may only be moved by the athlete positioned over the seat of the bike (it is not necessary to remain seated). Seat height can be altered by any athlete at any time

Once the target calories have been reached, the whole team advances to the worm to begin twenty clean and jerks.

Upon completion, all six athletes must perform ten synchronised worm-facing burpees with three athletes on each side of the worm staggered over its length.

Once the burpees have been completed, the athletes lift the worm and advance it forwards to the red centre line, dropping it and returning to the bike.

This pattern persists for 2 more rounds with the movement on the worm changing to worm squats in round two and worm thrusters in round three.

Upon completion of the final set of synchro burpees the athletes lift the worm and lunge it the length of the room to its start position. Once both heels of the lead athlete are clearly over the red line marked at the end of the lane the team will drop the worm and sprint to the finish line at the opposite end of the floor.

Team Composition

Whole team and 2x Subteams:

MMM/FFF

Time Cap

The whole team will have 20 minutes to progress both subteams to the finish mat (green).

Scoring

The team score is given by the number of repetitions completed at the end of the workout (from a total of 562 reps; including 1 rep per sub team for reaching the finish mat within the time cap). Teams completing all repetitions will be separated by their total time to completion.

Penalties

Teams dropping their worm before any of the marked increments will be brought back to the last successfully completed increment of the lane before being allowed to progress further.

If athletes are observed to be contributing to the progress of the work on the bike without being the active athlete, they may be penalised by a 10 second hold by the judge.

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



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WORM/ BIKE

Movement Guidance

Echo Bike

The bike screen should be active and set to count up in calories prior to the workout starting.

The athletes may enter and exit the bike as often as required until their respective calorie counts have been completed. It is not necessary to use the handles or pedals simultaneously - athletes may choose to rest arms or legs as desired.

Athletes may not pull on the handles or push the pedals unless they are positioned over the seat (athletes are not required to sit).

Synchro Burpees

The burpees are conducted over the worm. Athletes should divide into 2 sub teams of any composition and stage each subteam at either side of the worm in a staggered fashion. The whole team should drop chest and thighs to the floor at right angles to the worm (reps are synchronised at this point in the rep), then stand and perform a two footed jump over the worm to complete the rep.

Worm Clean & Jerk

The worm clean and jerks are effectively a ground to overhead but no lockout of the elbow is required. The worm is pulled from the floor on one side of the team to the same shoulder and driven from one shoulder to the other before being returned to the floor on the other side.

Touch and go is permitted.

Any attempt to 'duck' or 'jerk' under the sandbag will count as a no-rep and the whole team will be asked to do an additional rep. Athletes must keep hips and knees locked following the drive from the shoulder.

When the worm is released by the team the athletes must ensure that everyone has their head on the same side of the worm.

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Worm Squats

This is a synchronised squat which begins with the whole team standing at full extension with knees and hips fully locked out and the worm resting on the same shoulder of all the athletes. The athletes descend together until their hips are clearly below the level of the knees and then stand back up to full extension.

Worm Thrusters

This is a synchronised thruster which begins with the whole team standing at full extension with knees and hips fully locked out and the worm resting on the same shoulder of all the athletes. The athletes descend together until their hips are clearly below the level of the knees and then stand back up to full extension and continue to press the worm over their heads and bring it down onto the opposite shoulder. No lock out of the elbow is required

Touch and go is permitted.

Any attempt to 'duck' or 'jerk' under the sandbag will count as a no-rep and the whole team will be asked to do an additional rep. Athletes must keep hips and knees locked following the drive from the shoulder.

Worm Lunge

Athletes should support the worm on the same shoulder and advance forward by lunging down to touch the knee of the trailing leg to the floor. Athletes must fully extend their hips at the top of the lunge but are not required to stop in that position.

Athletes will advance the worm 10m each round. Each 10m worm increment is marked by a broken red line which both of the lead athlete's heels should cross before the worm is released.

Lunges where any athlete's knee does not touch the floor will be invalid and the team will be required to step back to the last successfully covered 2m lane segment.

If the worm is dropped before the broken red line the team must lift it again and bring it back behind the line for the last successfully completed 2m lane segment.