



THE GLASGOW CLASSIC

PAIRS EVENT 2

THRUSTER/ PULL UP

For time:

30x Synchro Thrusters 35/25kg

30x Pull-Ups

25x Synchro Thrusters 35/25kg

25x Pull-Ups

20x Synchro Thrusters 35/25kg

20x Pull-Ups

90+ 30/20kg

Equipment

- 2x Barbells 20/15kg
- Plates to load to 35/25 30/20kg total
- 1x Pull Up Bar

General Notes

The athletes will begin the workout within their lanes but the start positions will be staggered to 2m apart with athletes facing the centre of their lane. NB: One athlete will have a 20kg bar and the other a 15kg bar but they will be loaded to the same value.

At the start of timer clock, and not before, the athletes will begin their thrusters completing reps in time with one another.

At the end of each round of thrusters the athletes will move to complete the same number of pull ups; only now with one athlete working whilst the other hangs.

After completing the final round of pull ups, athletes should sprint to the red finish mat behind the rig in order to conclude 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 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). Pairs 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

Thruster

This is a standard barbell thruster 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 to full extension driving the bar overhead and locking the arms out in order to complete the rep.

The reps are synchronised at the lockout and are given when the knees, hips and elbows of both athletes are locked out. The barbell does not stop at the shoulder before being driven overhead.

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

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 at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met.

The reps are performed by one athlete at a time to reach a combined total. One athlete works while the other hangs. If the hanging athlete drops from the bar, no further reps are valid until such a time as both athletes are back on the bar.