



**FINALS 2019**

**Saturday 21st September**

**THE GLASGOW CLASSIC**

## **PAIRS EVENT 1**

### **CARDIO**

**For time:**

**1400/1100m Row (Cap 5)  
100/65 kcal Echo Bike (Cap 5)  
300 Double Unders (Cap 5)**

**90+**

**1300/1000m Row (Cap 5)  
90/55 kcal Echo Bike (Cap 5)  
200 Double Unders (Cap 5)**

### **Equipment**

- 1x Concept 2 Rowing Machine
- 1x Rogue Echo Bike
- 2x Pairs Ropes (Athletes' own)

### **General Notes**

Athlete pairs advance through each element of the workout sharing the work as they require. There is no minimum work requirement. Each element: row, bike and double unders is allocated a 5 minute time cap in which to complete the prescribed distance/calorie count.

At the start of the timer clock, and not before, the athletes begin their row. The athletes may not advance from the rowing machine until their full distance has been reached or the 5 minute cap elapses.

Upon reaching their required distance the athletes may move on to the Echo Bike. If they reach the row distance ahead of the 5 minute cap they may bank the additional time and use it against the Bike effort.

Upon reaching their required calories, the athletes may move on to the double unders. Again, if they reach the calorie requirement ahead of the 5 minute cap they may bank the additional time and use it against the skipping.

Athletes work one at a time until the cumulative total of double unders is reached. At every increment of 50 repetitions, the working athlete must advance forward one 2m lane segment in order to demonstrate the team's progress.

Once the athletes have completed the double unders they will advance to the finish mat to signify the end of the workout.

### **Time Cap**

The pair will have 15 minutes to progress to the finish mats but each element within the workout is itself capped to 5 minutes.

### **Scoring**

The score is given by the number of repetitions completed at the end of the workout (the total number of possible repetitions will vary by category M: 540 F: 510 M90: 420 F90: 390). Teams completing all repetitions will be separated by their total time to completion.

### **Penalties**

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

If the pair does not complete the work in the time allowed for the equipment they are on (5 minutes) they are cut from the event and their score will reflect the work they had completed to that point.



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## CARDIO

### Movement Guidance

#### Rowing

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

The athletes may enter and exit the rower as often as required until their respective distances have been completed. It is not necessary to use the straps on the foot stretchers.

Athletes may not pull on the handle unless they are sat on the seat with feet on the footpads. Athletes may be assisted into and out of the rower.

#### 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).

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#### Double Unders

This is a standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

The double unders will be completed using the athletes' own ropes. In the event of a rope breakage athletes may share.