



THE GLASGOW CLASSIC

QUALIFIER 19.4

RX INDIVIDUAL

Part A (Cap 3 Minutes):

1RM Thruster

1 Minute Rest

Part B (AMRAP8):

20x DB Snatches 22.5/15kg

50x Double Unders

Equipment

- 1x Barbell 20/15kg
- Standard Olympic bumper plates to make up load for thruster
- 1x Dumbbell 22.5./15kg
- Skipping Ropes

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Thursday 27th June 2019

Notes

The workout begins with the athlete stood at the barbell, already loaded to the weight of the athlete's first thruster attempt. At the start of the timer clock, and not before, the athlete may grab the bar and begin their first thruster attempt.

The athlete may make as many attempts of the 1 rep max thruster as they like, within the 3 minute window. Once the bar has been pulled from the floor, the lift is considered to be in process and the repetition will stand if the attempt is successfully executed; even if the time elapses whilst the bar is in motion. The bar must clearly be in motion off the floor before the clock times out in order for the repetition to be valid.

At the close of the 3 minute window for the thruster attempt there is a 1 minute rest interval, during which time the bar should be rolled out of the way and the skipping rope and dumbbell set up for 19.4 B.

At the close of the 1 minute rest interval, the athlete immediately begins to complete as many rounds and reps as possible of 20 alternating arm dumbbell snatches and 50 double unders in the remaining 8 minutes before the workout cap.

At the end of the workout, the heaviest successfully executed thruster weight from part A; and the total number of repetitions completed in part B should be noted for scoring.

Video Set Up Guidance

Set up the camera at right angles to the position of the barbell, dumbbell and skipping rope in such a way that all of these movements may be viewed in profile. It will help to face the same direction for all 3 movements



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Movement Guidance

Thruster

This is a standard barbell thruster, in which the barbell moves from the bottom of a front squat to a full lockout overhead.

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 barbell is driven from the shoulder to the overhead position with the knees, hips, and elbows locked out. The barbell does not stop at the shoulder before being driven overhead.

The repetition may be completed as a 'cluster'. **No rack is permitted;** the thruster must be taken from the floor.

In the overhead position the hips, knees, and elbows must be clearly locked out and the athlete stood motionless in control of the bar. It is common for even experienced athletes to neglect the hip extension - have a competent person review your reps before attempting the workout if there is any doubt on this standard. A good cue is to 'squeeze your butt'.

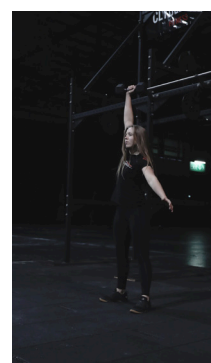
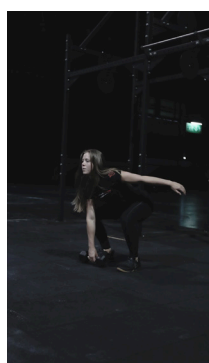
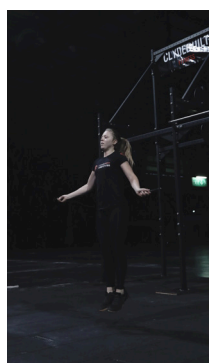
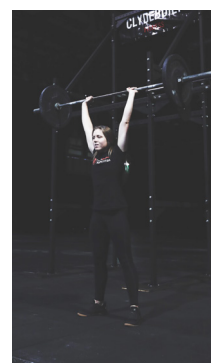
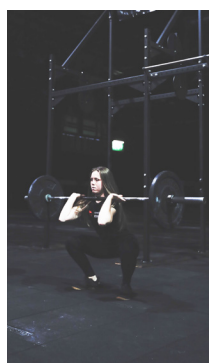
Double Unders

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

DB Snatch

The DB is pulled from the floor to full extension overhead. Touch-and-go is permitted and only a single head of the dumbbell needs touch the floor between repetitions. Hands must be alternated on each repetition and may be changed at any height after lockout.

A muscle, power, squat or split snatch may be used, as long as the rep is finished at full extension of knees hips, shoulders and elbows with the feet lined up and the DB over the centre of the body.



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Part A (Cap 3 Minutes):

1RM Thruster

Part A

1rm Thruster

1 Minute Rest

Part B (AMRAP8):

20x DB Snatches 22.5/15kg

50x Double Unders

Part B

Round	20 DB Snatches	50 Double unders
1	20	70
2	90	140
3	160	210
4	230	280
5	300	350
6	370	420
7	440	490
8	510	560
9	580	630
10	650	700

ATHLETE

JUDGE

Part A 1rm Thruster

Part B total score

Rx	
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ATHLETE

JUDGE SIGNATURE

Part A 1rm Thruster

Part B total score

Rx	
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