



THE GLASGOW CLASSIC

PAIRS EVENT 5

SANDBAG/ DL/ DB OH

2RFT:

30x Sandbag Squats 50/35kg

20m Synchro DB OH lunge 22.5/15kg

30x Deadlifts 100/65kg 65/45kg

20m Synchro DB OH lunge 22.5/15kg

90+ 50/35kg 65/45kg 15/10kg

Equipment

- 1x Sandbag 50/35kg
- 1x Dumbbell 22.5/15kg 15/10kg
- 1x Barbell 20/15kg
- Plates to load to 100/65kg 65/45kg

General Notes

The athletes will begin the workout at the green start mats. At the sound of the starter clock, and not before, the team may enter the field of play and begin to perform sandbag squats.

Upon completing the sandbag cleans the athletes drop the bag and pick up a dumbbell each and begin to lunge, in synch, the length of their lane in 2m increments. Upon reaching the end of the lane and passing both of their feet over the white line, the dumbbells are placed down and the athletes advance to the deadlifts.

The athletes work one at a time with no minimum work requirement to complete the deadlifts before returning to the DB for a further synchronised lunge down the lane.

After the lunge back to the sandbag the DBs are placed down at the start of the lane and a second round is commenced.

Time is called when the athletes return to the green start mat after the final synchronised lunge.

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Time Cap

The athletes will have 14 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 201 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

Violations of movement standards will result in the requirement to repeat the repetition correctly.

Movement Guidance

Sandbag Squat

This is a loaded squat which begins with the athlete standing at full extension with knees and hips fully locked out and the sandbag either resting on the shoulder or held in a bear hug at the chest athletes. The athlete descends until their hips are clearly below the level of the knees and then stand back up to full extension.

If the bear hug deteriorates to a lapped position, the rep is still valid provided that the standards are met for the squat and that the knees or legs are not used for support at any time.

The sandbag may be racked on the back provided that the other standards are met. Partners are permitted to assist in racking the bag provided they do not contribute during the repetition.

Dumbbell Overhead Lunge

The movement begins with athlete stood at extension, feet together, with the dumbbell supported overhead and the elbow, hip and knees fully extended and under control. The lunge route is completed by passing through 2 metre increments marked on the field of play.

Throughout the lunge, the dumbbell must remain over the athlete's body above the level of the head. The trailing knee must make contact with the ground at the bottom of each lunge and dumbbell must be held by enclosing the handle with the palm and fingers - the athlete may not support the rubber head of the dumbbell with an open palm.



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Dumbbell Overhead Lunge Cont.

The movement ends with the dumbbell still supported overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not permitted. The non-supporting arm may not contact the body.

If the athlete fails to meet any standard during a lunge, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbell overhead for the entire rep, the athlete must restart from behind the last 2 metre increment that they successfully crossed. Similarly, if at any time during the lunge the dumbbell is lowered from overhead, the athlete must restart from behind the last 2 metre increment that they successfully crossed.

A lunge rep will count when both heels of both athletes are past the line, the athletes are standing tall with the dumbbell overhead and all other standards for the repetition have been met. The rep is synchronised at both the knee touch and extension.

Athletes may use either arm to support the dumbbell and may switch without penalty after they have successfully crossed a lane increment.

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Deadlift

The deadlift is a conventional deadlift with the hands outside the knees. Sumo deadlifts are not permitted.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders clearly behind the bar. The arms must remain straight throughout. No bouncing of the bar is permitted.

Judges should be vigilant that the athlete finishes both with shoulders clearly behind the bar and the knees straight.

Athletes work one at a time on the deadlift sharing the work as required.