



## THE GLASGOW CLASSIC

# QUALIFIER 19.1

## RX/55+ RX/SC/55+SC\*

### AMRAP11:

“Jackie”

1000m Row

50x Barbell Thrusters 20/15kg

30x Pull Ups/Jumping Pull Ups

### Equipment

- 1x Concept2 Rower
- 1x Barbell 20/15kg
- 1x Pull Up Bar

### Notes

The workout begins with the athlete seated on the rowing machine with feet strapped in and the performance monitor set to count down from 1000m. The damper setting may be set to whatever the athlete prefers. At the start of the timer clock, and not before, the athlete may grab the handle and begin rowing.

Upon completion of the full 1000m distance the athlete may exit the rowing machine. The athlete may choose to coast over the line, but may not unstrap or release the handle until 1000m has been reached.

The athlete then completes 50 barbell thrusters. The first repetition of any set may be executed as a full clean into a thruster or a ‘cluster’. Upon completion of all 50 thrusters, the athlete may advance to the pull ups.

The athlete then completes 30 pull ups. The pull ups may be of any kind provided that the standards are met.

Upon completing this first round, the time should be recorded as a tiebreak split and the athlete should immediately begin another round, progressing as far as the remaining time allows.

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At the time cap, the workout is over and the total number of repetitions completed should be recorded alongside the split time for the first round.

### Video Set Up Guidance

Set up the rowing machine parallel to the pull up rig and barbell and record the video looking on to the rower’s performance monitor. It should be possible to view the thrusters and pull ups in profile. The clock should count up toward the time cap for ease of scoring.

## Movement Guidance

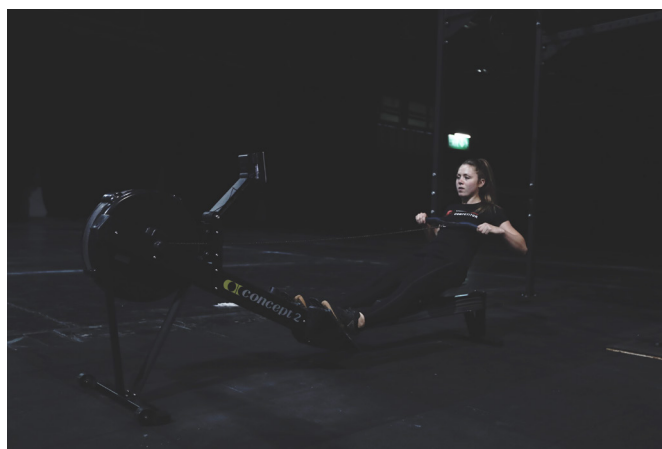
### Rowing

The rower screen should be active and set to count down from one thousand metres prior to the workout starting.

The athlete may not exit the rower until the full thousand metres is completed - the athlete may choose to coast through the final distance but may not unstrap their feet or release the handle before the total distance is completed.

Athletes may not be assisted into or out of the rower but someone may reset the rower screen for them prior to the second round. Be cautious, as the screen will power down after 2 minutes of inactivity.

At the end of the workout athletes must immediately stop rowing but the metres may be allowed to roll over for scoring purposes.





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### Movement Guidance Cont.

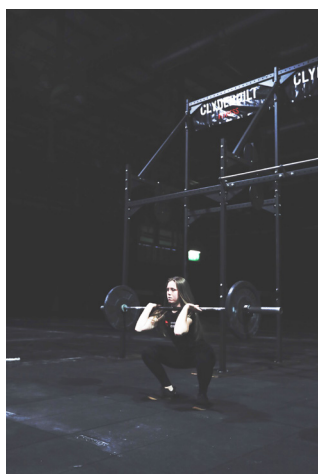
#### Thrusters

These are standard barbell thrusters, 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 first repetition of any set may be completed as a 'cluster'.

In the overhead position the hips, knees, and elbows must be clearly locked out. 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'.



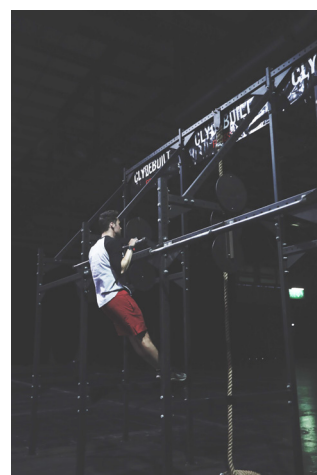
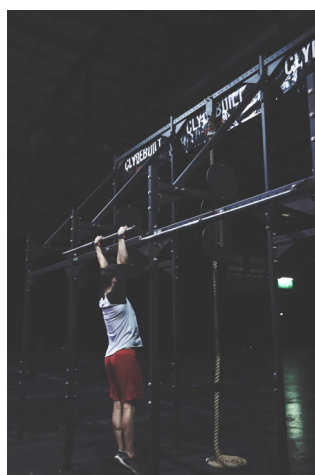
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### Movement Guidance

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



### Movement Guidance Sc

#### Jumping pull-up

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand and mixed grips are all permitted. The rep is credited when the chin breaks the horizontal plane of the bar.

#### \*Masters 55+Sc

\*Masters 55+ Scaled will perform only 30x Thrusters per round alongside the 30x jumping pull ups



## THE GLASGOW CLASSIC

# INDIVIDUAL 19.1

### AMRAP11:

“Jackie”

1000m row

50 x Thrusters

30 x Pull-ups (split)

ATHLETE

DATE

JUDGE

### Row

50	100	150	200	250	300	350	400	450	500
550	600	650	700	750	800	850	900	950	1000

### Thrusters

10	20	30	40	50
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70
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### Pull-ups

10	20	30
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100	Split
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### Row

50	100	150	200	250	300	350	400	450	500
550	600	650	700	750	800	850	900	950	1000

### Thrusters

10	20	30	40	50
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170
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### Pull-ups

10	20	30
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200	Split
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ATHLETE SIGNATURE

Total Score

Split time



## THE GLASGOW CLASSIC

# 19.1 55+SC

### AMRAP11:

“Jackie”

1000m row

30 x Thrusters

30 x Pull-ups (split)

ATHLETE

DATE

JUDGE

### Row

50	100	150	200	250	300	350	400	450	500
550	600	650	700	750	800	850	900	950	1000

### Thrusters

10	20	30							50
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### Jumping Pull-ups

10	20	30						80	Split
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### Row

50	100	150	200	250	300	350	400	450	500
550	600	650	700	750	800	850	900	950	1000

### Thrusters

10	20	30							130
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### Pull-ups

10	20	30						160	Split
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ATHLETE SIGNATURE

Total Score

Split time