



QUALIFIER P19.1

Thursday 11th July 2019

THE GLASGOW CLASSIC QUALIFIER P19.1

PAIRS

AMRAP20:

20/16 kcal Row (Athlete 1)
25x Thrusters 40/30kg* (Athlete 2)
20/16 kcal Row (A2)
25x Cleans 40/30kg* (A1)
20/16 kcal Row (A1)
25x STOHS 40/30kg* (A2)

25x Synchro Burpees (A1 & A2) (Split)

20/16 kcal Row (A2)
25x Thrusters 40/30kg* (A1)
20/16 kcal Row (A1)
25x Cleans 40/30kg* (A2)
20/16 kcal Row (A2)
25x STOHS 40/30kg* (A1)

25x Synchro Burpees (A1 & A2) (Split)

*90+ Pairs: 30/20kg

Equipment

- 1x Concept2 Rower
- 1x Barbell 20/15kg
- Standard Olympic bumper plates

Notes

The workout begins with one athlete seated on the rower and the other by the barbell. At the start of the timer clock, and not before, the athlete may grab the bar or begin rowing.

The athlete on the rowing machine must complete their prescribed calories, remaining seated on the rower until the number is seen on screen. The athlete on the barbell must complete all of their prescribed repetitions. Upon completion of the allocated work, both athletes may swap positions.

The athlete previously on the rower moves on to the next barbell movement in the sequence and **does not repeat the movement** just completed by the other athlete.

The athletes continue to execute their repetitions or rowing calories until 3 barbell movements have been completed. At that point, both athletes complete the synchronised burpees and record a split time before moving on to the next round - with the athlete that began the workout on the rowing machine, now positioned at the barbell. In this way, the athletes both complete each of the barbell movements once.

If a further round is successfully completed within the time cap, the athletes should perform another set of synchronised burpees and the athlete that began the workout on the rower begins the process in that position once more. The pair continues in this way until the 20 minute cap is reached.

At the end of the workout, the total number of successfully completed repetitions should be noted for scoring alongside the split time for the last successfully completed set of burpees.

Video Set Up Guidance

Set up the camera at right angles to the position of the barbell, and behind the rower in such a way that all of the barbell movements may be viewed in profile and the rowing screen is visible. Athletes should face one another for the synchro burpees to avoid obscuring a clear view of each athlete on the video.



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Movement Guidance

Rowing

The rower screen should be active and set to count up calories.

The athlete may not exit the rower until the prescribed calories are completed - the athlete may choose to coast through the final amount but may not unstrap their feet or release the handle before the calories are completed. If the calories roll over they may be left for the benefit of the other athlete. There is no need to reset the screen.

Athletes may assist each other into or out of the rower.

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



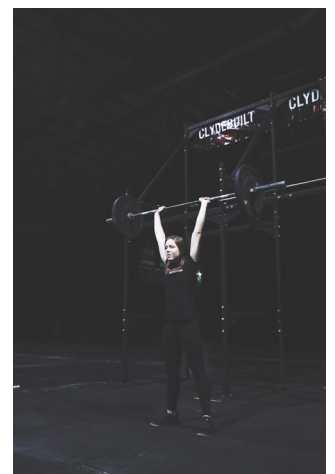
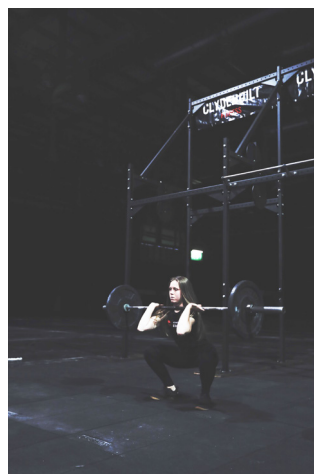
Thruster

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'.





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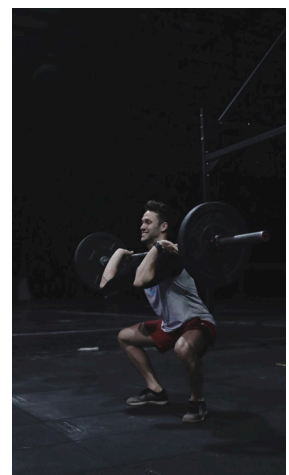
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Movement Guidance

Cleans

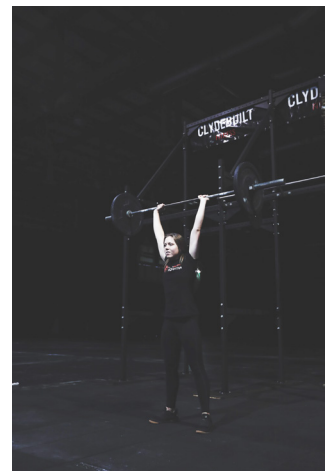
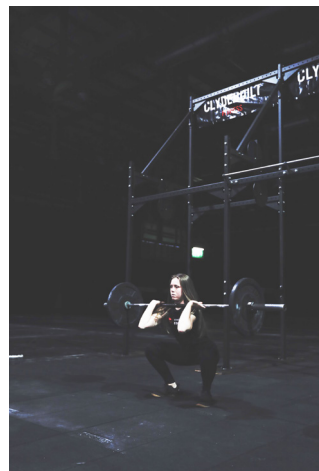
The cleans may be of any variant - power clean, squat clean, split clean, deadlift-hang clean, reverse bicep curl, starfish etc. The barbell begins on the ground. Touch-and-go is permitted but the bar may not be bounced.

Irrespective of variant employed, in order to complete the repetition athletes MUST receive the bar on the shoulder and the hips and knees MUST be fully extended with the feet in line under the hips with elbows in front of the bar. The feet must be stable in the finish position. The judge or another individual or individuals may assist with loading the bar. Clips should be used.



Shoulder to Overhead (STOH)

This movement requires the bar to be driven from the shoulder to overhead in any permissible style including strict press, push press, push jerk, or split jerk. The rep is completed when the bar is locked out over the centre of the athlete's body with the elbows, hips and knees extended and feet lined up under the hips.



Synchro Burpee

The synchronised burpees begin with two athletes facing one another. The chest and thighs of both athletes must be in contact with the ground simultaneously - synchronisation is achieved on the floor. Both athletes then stand passing the hips through full extension on a jump and bring the hands together overhead, not behind the head.

Synchro Knee Raise

The synchronised knee raises begin with two athletes hanging at extension with straight arms, hips fully open and feet off the floor. The knees of both athletes are raised simultaneously and synchronisation occurs when both knees of both athletes are clearly shown to be above the level of the hip crease. In order to begin the next repetition the hips must be fully opened once more.



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RX/90+

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- 25x Cleans 40/30kg (A1)
- 20/16 kcal Row (A1)
- 25x STOH 40/30kg (A2)

- 25x Synchro Burpees (A1 & A2) (Split)

- 20/16 kcal Row (A2)
- 25x Thrusters 40/30kg (A1)
- 20/16 kcal Row (A1)
- 25x Cleans 40/30kg (A2)
- 20/16 kcal Row (A2)
- 25x STOH 40/30kg (A1)

- 25x Synchro Burpees (A1 & A2) (Split)

- etc
- 90+ Pairs: 30/20kg

Athlete 1		Athlete 2	
20 Kcal Row	20	25 Thruster	45
25 Cleans	70	20 Kcal Row	90
20 Kcal Row	110	25 STOH	135
25x Synchro Burpees (A1 & A2)	160	Split time	0:00
25 Thruster	185	20 Kcal Row	205
20 Kcal Row	225	25 Cleans	250
25 STOH	275	20 Kcal Row	295
25x Synchro Burpees (A1 & A2)	320	Split time	0:00
20 Kcal Row	340	25 Thruster	385
25 Cleans	410	20 Kcal Row	430
20 Kcal Row	450	25 STOH	455
25x Synchro Burpees (A1 & A2)	480	Split time	0:00
25 Thruster	505	20 Kcal Row	525
20 Kcal Row	545	25 Cleans	570
25 STOH	595	20 Kcal Row	620
25x Synchro Burpees (A1 & A2)	640	Split time	0:00

ATHLETE

Split time

Score

0:00

/640

JUDGE SIGNATURE