



THE GLASGOW CLASSIC

QUALIFIER 19.3

RX INDIVIDUAL

For Time (Cap 20 Minutes):

30x Toes to Bar

15x Cleans 40/30kg

15x Over the Bar Burpees (Split)

30x Chest to Bar Pull Ups

15x Cleans 60/40kg

15x Over the Bar Burpees (Split)

30x Bar Muscle Ups

15x Cleans 80/55kg

15x Over the Bar Burpees (Split)

Equipment

- 1x Barbell 20/15kg
- 1x Pull Up Bar
- Standard Olympic bumper plates to make up prescribed increments

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Thursday 20th June 2019

Notes

The workout begins with the athlete stood under the bar in the pull up rig. At the start of the timer clock, and not before, the athlete may jump up and begin the toes to bar.

Upon completing the thirty toes to bar, the athlete advances to the cleans at the first loading increment. Once they have finished all fifteen repetitions of the cleans, they will advance to complete fifteen over the bar burpees and then progress to the second round. In this workout, the gymnastic movement becomes progressively more complex at the end of each round, whilst the loading for the cleans is also increased. The number of repetitions remains constant in every round.

The second round of the workout is completed as per the first, but with chest to bar pull ups in place of the toes to bar and an increase to the loading on the barbell.

The final round of the workout is completed as per the second round but with bar muscle ups in place of the chest to bar pull ups and a further increase to the loading on the barbell.

Throughout the workout the athlete may receive assistance in loading the barbell and the use of multiple barbells is not permitted.

At the end of each round, immediately after the burpees are completed, the time should be recorded. The clock should count up toward the time cap for ease of scoring.

If all of the prescribed repetitions are completed prior to the time cap, the time should be recorded for scoring as well as the split from the previous round for use in the event of a tiebreaker situation. If the full time elapses before the prescribed repetitions are completed, then the time should be recorded as 20 minutes and the total number of repetitions completed up to that time recorded alongside it.

Video Set Up Guidance

Set up the barbell parallel to the bar on the pull up rig and record the video in such a way as to view both the cleans and gymnastic movements in profile. A slight angle off parallel to the two bars should be used for the camera placement so that the elbows may be seen clearly locked out over the bar during the bar muscle ups.



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Movement Guidance

Toes to Bar

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar.

Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

Chest to Bar Pull Up

This is a standard chest to bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted provided that all of the requirements are met.

The athlete must begin with, or pass through, a hang below the bar with the arms fully extended and the feet off the ground.

Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar touching below the collarbone.

Bar Muscle Up

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition is complete when the elbows are fully locked out while the athlete supports themselves above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout.

No part of the foot may rise above the horizontal plane of the bar at any point. Roll to support or use of an uprise is not permitted. Only hands and no other part of the arm, may touch the pull-up bar to assist the athlete completing the rep. Athletes hands must stay in contact with the pull-up bar at all times during the completing of the rep.

Athletes may not rest after the completion of the rep by using their body to hang from the bar.

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Cleans

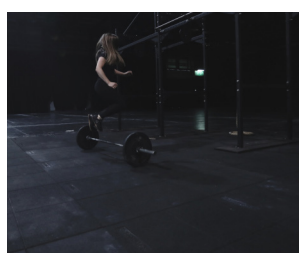
The cleans may be of any variant - power clean, squat clean, split clean, deadlift-hang clean, reverse bicep curl, starfish etc. The barbell begins on the ground. Touch-and-go is permitted but the bar may not be bounced.

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.



Over the Bar Burpee

The over the bar burpee begins with both the chest and the thighs clearly in contact with the floor. The athlete lifts themselves to standing and performs a two-footed jump over the bar. There is no requirement to fully extend the hips or bring the hands together overhead.





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30x Bar Muscle Ups
15x Cleans 80/55kg
15x Over the Bar Burpees (Split)

TTB	5	10	15	20	25	30	30
Cleans 40/30kg	5	10	15				45
Burpees	5	10	15				60
						Split time	0:00
C2B Pull-ups	5	10	15	20	25	30	90
Cleans 60/40kg	5	10	15				105
Burpees	5	10	15				120
						Split time	0:00
Bar Muscle Up	5	10	15	20	25	30	150
Cleans 80/55kg	5	10	15				165
Burpees	5	10	15				180
						Split time	0:00

ATHLETE

JUDGE

TEAM

Total score

/180

Split time

00:00

Rx

Sc

Athlete

Total score

/180

Split time

00:00

Judge signature

Rx

Sc
