



## THE GLASGOW CLASSIC

# INDY EVENT 4

## SPRINT CHIPPER

### For Time:

**30x STO H 70/45kg**

**30/20x kcal Bike**

**9x SB Cleans 75/50kg**

**30x C2B**

### Equipment

- 1x Barbell 20/15kg
- Plates to load to 70/45kg
- Rogue Echo Bike
- Rogue Strongman Sandbag 75/50kg
- 1x Pull Up Bar

### General Notes

The athletes will begin the workout stood on the green start mat at the end of the lane opposite the rig. At the start of the timer clock, and not before, the athletes will enter the field of play and begin to perform shoulder to overhead repetitions advancing their bar every ten repetitions by either walking or rolling the bar forward to the next lane break. Once all of the STO H repetitions have been completed, the athlete may advance to the bike.

The athlete moves onto the bike and completes their calorie requirement before moving on to the sandbag cleans.

After every 3 sandbag cleans the bag is carried to the next line by holding the third rep at the shoulder rather than dropping behind.

Once the sandbag cleans are complete the athlete advances to the rig and completes thirty chest to bar pull ups before sprinting to the finish line (the red mat behind the rig).

**FINALS 2019**

**Saturday 21st September**

### Time Cap

The athlete will have 8 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 100\* reps; including 1 rep for reaching the finish mat within the time cap). Individuals completing all repetitions will be separated by their total time to completion.

\*For the ease of scoring female bike calories will be counted as 1.5 reps giving a total possible score of 100 on the leaderboard.

### Penalties

Movements that do not meet the stated standards will be considered invalid and must be repeated in order for the athlete to progress.



THE GLASGOW CLASSIC

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### SPRINT CHIPPER Movement Guidance

#### Shoulder to Overhead

The shoulder to overhead may be executed as a shoulder press, push press, push jerk, or split jerk, as long as the elbow, shoulder, hips, and knees are fully extended, and the barbell finishes directly over the body with the feet in line.

Athletes must advance the bar to the next lane increment every 10 repetitions by carrying in the front rack, overhead or by rolling the bar. If the front rack or overhead positions are used there is no need to drop the bar. The bar may not be thrown to the next increment.

#### Echo Bike

The bike screen should be active and set to count up in calories prior to the workout starting.

The athletes should remain on the bike until their respective calorie counts have been completed. It is not necessary to use the handles or pedals simultaneously - athletes may choose to rest arms or legs as desired.

Athletes may not pull on the handles or push the pedals unless they are positioned over the seat (athletes are not required to sit).

FINALS 2019

Saturday 21st September

#### Sandbag Clean

The sandbag cleans begin with the bag on the floor. The athlete must lift the bag from the floor, passing it over the shoulder and allow it to fall to the floor behind them\*.

Repetitions in which athletes attempt to artificially shorten the range of motion by stooping under the bag, passing the bag over the elbow or any other unreasonable deviation from what is shown by the demo team will be disallowed.

\* On every third repetition the bag does not need to pass over the shoulder but is walked forward and dropped onto the next lane increment to demonstrate their progress down the lane. The bag may not be thrown to the next increment.

#### Chest to Bar Pull Up

This is a standard chest to bar 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 chest must clearly come into contact with the bar at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met.