



THE GLASGOW CLASSIC

QUALIFIER P19.3

PAIRS

You Go - I Go, For Time:

10-8-6-4-2 (A1)

2-4-6-8-10 (A2)

10m Shuttles

Dumbbell GTOH (2x DBs) 22.5/15kg*

Equipment

- 2x 10m Shuttle Lane
- 2x DBs 22.5/15kg (*90+: 15/10kg)

Notes

The workout begins with the first athlete ready at the start line. At the start of the timer clock, and not before, the athlete begins the first and largest set of shuttle runs (10) and dumbbell ground to over heads (10).

When the first athlete completes their GTOH the second athlete is released into the field of play. The second athlete then begins the first and smallest set of shuttle runs (2) and dumbbell ground to over heads (2).

The first athlete works through the reps descending by two reps per round until the final 2 dumbbell GTOH are completed.

The second athlete works through the reps ascending by two reps per round until the final 10 dumbbell GTOH are completed.

At the end of the workout, the total time to completion should be recorded for scoring.

Video Submission Guidance

Set up the camera at right angles to the position of the shuttle lane and DB GTOH in order that the movements may be viewed in profile.

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Thursday 11th July 2019

Movement Guidance

Shuttle Runs

The 10 metre shuttle lane should be marked out on the floor using lines, cones or similar. A 20kg bumper plate should be laid out at either end of the lane as a target for the athletes to touch.

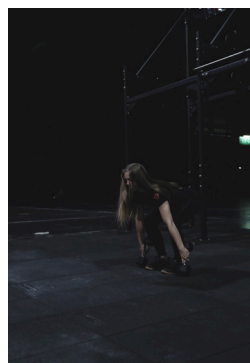
The athlete begins with both feet behind the line and runs from end to end reaching over the line on each shuttle in order to touch the 20kg plate and complete the run. There will be a 10 second penalty applied every time an athlete fails to touch the plate over the line.

The athlete **does not have to** touch the plate prior to starting the set of shuttles and **does not have to** touch the plate on the last shuttle of a given set (They can run straight in to pick up the DBs).

Dumbbell Ground to Overhead

The DBs are pulled from the floor and finish locked at full extension overhead. Touch-and-go is permitted and only a single head of each dumbbell needs touch the floor between repetitions.

A muscle, power, squat or split snatch or any variation of clean and press may be used, as long as the rep is finished at full extension of knees hips, shoulders and elbows with the feet lined up and both the DBs over the centre of the body.





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RX

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2-4-6-8-10 (A2)

10m Shuttles

Dumbbell GTOH (2x DBs) 22.5/15kg

*90+ Pairs: 15/10kg

Athlete 1

	10m Shuttles	Dumbbell GTOH
10	10	20
8	32	40
6	54	60
4	76	80
2	98	100

Athlete 2

	10m Shuttles	Dumbbell GTOH
2	22	24
4	44	48
6	66	72
8	88	96
10	110	120

ATHLETE

JUDGE SIGNATURE

Time

0:00

Score

/120