



FINALS 2019

Saturday 21st September

THE GLASGOW CLASSIC

TEAM EVENT 2

CARDIO

For Time:

1500m/1200m row

150/120x kcal bike

400x double unders

Equipment

- 1x Concept 2 Rowing Machine
- 1x Rogue Echo Bike
- 6x Pairs Ropes (Athletes' own)

General Notes

Athletes advance conga-style from the green start mat to the red finish mat with the male subteam advancing ahead of the female subteam.

At the start of the timer clock, and not before, males begin their 1500m row. The males may not advance from the rowing machine until their full distance has been reached.

The judge will signal to the females when the male row is complete and the females will be released to the field of play to begin their row in the same manner.

Upon reaching 1500/1200m the athletes may move on to the Echo Bike. The athletes must remain with the bike until the screen clearly displays the required number of calories. Upon completion of the bike calories the athletes may advance to the double unders.

Athletes work one at a time until the cumulative total of double unders is reached. At every increment of 50 repetitions the working athlete must advance forward one 2m lane segment in order to demonstrate the team's progress.

The females may not overtake the males during the workout, irrespective of progress speed, but may start to progress along the double under segments whilst the males finish.

There is no minimum work requirement for any element of this workout.

Once the athletes have completed the double unders they will advance to the finish mat to signify the end of the workout.

Team Composition

2x Subteams:

MMM

FFF

Time Cap

The whole team will have 20 minutes to progress both subteams to the finish mats.

Scoring

The team score is given by the number of repetitions completed at the end of the workout (from a total of 1342 reps (100m - 10 points); including 2 reps for reaching the finish mat within the time cap). Teams completing all repetitions will be separated by their total time to completion.

Penalties

If athletes are observed to be contributing to the progress of the work on the machines without being the active athlete, they may be penalised by a 10 second hold by the judge.



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Movement Guidance

Rowing

The rower screen should be active and set to count up in metres prior to the workout starting. Damper settings may be adjusted once on the field of play.

The athletes may enter and exit the rower as often as required until their respective distances have been completed. It is not necessary to use the straps on the foot stretchers and they may choose to hold each other's feet down for quicker transitions.

Athletes may not pull on the handle unless they are sat on the seat with feet on the foot stretchers. Athletes may be assisted into and out of the rower.

Echo Bike

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

The athletes may enter and exit the bike as often as required 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).

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Double Unders

This is a standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

The double unders will be completed using the athletes' own ropes. In the event of a rope breakage athletes may share.