



SUPERNOVA – Workout 3

14-15 (TC: 14 min)

1250/1000m row (5 min window)

- 1 min break

Max time dead hang (5 min window)

- 1 min break

Max reps DB snatches 10/5 kg in a 2 min window

Notes

This workout is done on a running clock and has a Timecap (TC) of 14 minutes. The workout begins with a 1250m/ 1000m row. The athlete may start sitting on the rower, but with the handle NOT in the hands. The handle must be in the handle-mount of the rower.

After the call „3,2,1...GO“ the athlete may grab the handle and start rowing until he/she finishes the required amount of meters. There is a 5 minute TC for the row. If the required amount of meters was rowed in that TC, the time is your score. In case the athlete did not finish the required amount of meters to row, the rowed meters after 5 minutes must be noted.

There is a mandatory break of one minute for everyone from minute 5 to minute 6.

At minute 6 the athlete may start one attempt of a maximum time in a deadhang position. The timeframe for this attempt is from minute 6 to 11.

ONLY ONE ATTEMPT.

There is another mandatory break from minute 11 to minute 12.

From minute 12 to 14 the athlete has a timeframe of two minutes to do as many DB Snatches (10kg/5kg) as possible.

The workout ends when the clock shows 14 minutes on the timer.

Scores

There will be three different scores in this Workout:

A - Time of rowing or completed meters in TC

B - maximum Time of dead hang (only one attempt)

C - maximum reps of DB Snatches in 2 minutes

The athlete does need a Judge and also a video. The athlete does not have to upload it. The video only needs to be send if requested from the event organizer.

Movement Standards:

Row:

The monitor on the rower must be set to zero at the beginning of the workout and must be visible in the video or for the judge the whole time. The athlete must stay seated until the monitor shows the required amount of meters to row or until the Timecap is reached.

Dead hang position:

The dead hang position starts, once the athlete hangs free on the bar and no feet touch the stances or the ground. In the dead hang position the athlete must use both hands to hold on. It is allowed to re-grip but not to hold on with only one single hand. This movement ends when the athlete falls off the bar or the athlete touches the stances or the ground. The bar needs to be so high that the athlete can hang on free without the feet touching the ground.

DB Snatch:

The dumbbell snatch starts with both heads of the dumbbell on the ground. The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. The non-lifting hand or arm may NOT make contact with the legs or other parts of the body during the repetition. The rep is credited when: - the arms, hips, and knees are fully extended; and - the dumbbell is clearly over the middle of the athlete's body when viewed from profile. Athletes may not receive assistance moving or resetting the dumbbell.

Equipment

- Concept 2 to rower
- Pull up - Bar or similar
- Dumbbell 10/5kg

Video submission standards (only relevant for 14-15, 16-17 and 18-19 divisions)

Introduce yourself before the start (name and box) and film all your equipment. You also need to film the monitor of the rower during the first part of the workout.

All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. (You can use for example the app „WeTime“ or „WodProof“)

Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Upload the video to any portal and set the video link in the given field or the „Competition Corner“ score submission system.

Remember:

- You must submit a valid video link of your video with your submission of your score
- You must make sure that the video can be watched (e.g., copyright issues on YouTube)
- You must make sure to read the description to be aware of details
- You must make sure that your video is good enough that your score can be judged

You can enter your score till 23.12.2022 11:59 pm (MEZ).