



SUPERNOVA

WORKOUT 3 - Qualifier 22.3

presented by



SIMPLELIFT
WEIGHTLIFTING

DIVISION 3

Age 16 - 17

Running Clock For 20 Minutes

Part A (Time Frame 6min)
1500m / 1250m Row

--- 2min Break ---

Part B (Time Frame 2min)
Max Reps Pull Ups (any Style)
(Not Unbroken)

--- 2min Break ---

Part C (Time Frame 8min)
Complete The Following Complex
For Max Load:

- 1 Power Snatch
- 1 Hang Snatch
- 1 Overhead Squat

Standards

Row: ♂ 1500m / ♀ 1250m

Part A 1500m / 1250m Row		Part A Min. 1-6 ↓ Break Min. 6-8 ↓ Part B Min. 8-10 ↓ Break Min. 10-12 ↓ Part C Min. 12-20
Time / Meter		
Part B Max Reps Pull Ups		Part B Min. 8-10 ↓ Break Min. 10-12 ↓ Part C Min. 12-20
Reps		
Part C Complex For Max Load		
Attempt 1	kg	Part C Min. 12-20
Attempt 2	kg	
Attempt 3	kg	
Attempt 4	kg	

Athlete Name: _____

Workout Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this workout: _____

Date

Athlete Signature