

LOKI

presented by 
LIFT HEAVY

DIVISION 2 Age 15 - 16



GERMAN TEEN SHOWDOWN
A CrossFit Herne event

WORKOUT 3 - Qualifier 21.3

Part A Max Handstand-Hold	
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	

Running Clock for 10 Minutes

Part A (Time Frame 4min)
Max Handstand-Hold on a Wall

directly into

Part B (Time Frame 6min)
Complete the following complex for max load:

- 1 Clean Deadlift**
- 1 Hang Squat Clean**
- 1 Shoulder to Overhead**

Part B Complex for max load	
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	
Attempt 6	
Attempt 7	

Part A – Time: _____

Part B – Weight: _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature