



SUPERNOVA – Workout 3

WOD 3 – on a running clock (TC: 20 min)– SUPERNOVA

DIVISION 16-17

1500/1250m row (6 min window)

- 2 min break

Max reps pull ups in a 2 min time frame (any style – not unbroken)

- 2 min break

8 min to find a max weight

1 power snatch

1 hang snatch

1 ohs

Notes

This workout is done on a running clock and has a Timecap (TC) of 20 minutes. The workout begins with a 1500m/ 1250m 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 6 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 6 minutes must be noted.

There is a mandatory break of 2 minutes from minute 6 to minute 8.

From minute 8 until minute 10 the athlete can collect as many pull ups as possible. The athlete does not need to do all pull ups unbroken, any style of pull up is possible. The athlete has a 2 minute time frame for the maximum reps of pull ups.

There is another mandatory break from minute 10 to minute 12.

In this break it is allowed to load the barbell for the upcoming lift.

From minute 12 to 20 the athlete can lift the described complex as often as possible. The aim is to get done a heavy complex (1 Power Snatch, 1 Hang Snatch, 1 Overhead Squat) in the 8 minute time window.

The workout ends when the clock shows 20 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 reps of pull ups in 2 minutes

C - maximum weight lifted in the 8 minute TC

The athlete does need a judge and a video of the workout (upload link in competition corner).

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.

Pull ups:

The athlete must start each rep with arms fully extended and feet off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is credited when the athlete's chin breaks the horizontal plane of the bar. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Weightlifting Complex:

- Power Snatch: The lift begins with the barbell on the ground and must be lifted overhead in one motion (full extension - knees, hip, arms - bar directly or slightly behind the middle of the body with feet in line). Only a Power Snatch is permitted.

A clean and jerk is a no rep. For working only with the bar you have to start clearly under knee level.

When you finish the Power Snatch you must go directly into the Hang Snatch.

- Hang Snatch: From the overhead position the athlete brings the barbell down into a hang position. Hang Position is everything between hip and knee. A low hang Snatch (under the knee) is not permitted. The athlete can choose between a hang Power Snatch or a hang Squat Snatch. The movement is finished when the bar reaches again the described overhead position. From this position the athlete can start with the Overhead Squat.

- Overhead Squat: The Overhead Squat starts with the barbell in overhead position. When going down the crease of the athlete's hip must be clearly below the top of the knees. The bar must remain in overhead position (arms and shoulders locked). The rep is credited when the athlete's hip and knees reach full extension while the bar stays fully locked out in overhead position.

It is not allowed to drop the barbell during the complex. The athlete must do the complex in one flow.

The bar may be loaded in the break before. The athlete can receive help for loading the bar.

Equipment

- Concept 2 rower
- Pull Up - Bar
- Barbell 20/15 kg
- any Plates you need
- Collars

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. The Athlete also need to film the monitor of the rower during the row.

After the last try at the complex the Athlete needs to film the weights on the barbell.

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).