



SUPERNOVA

WORKOUT 3 - Qualifier 22.3

presented by



SIMPLELIFT
WEIGHTLIFTING

DIVISION 1

Age 12 - 13

Running Clock For 16 Minutes

Part A (Time Frame 4min)
750m / 500m Row

--- 1min Break ---

Part B (Time Frame 5min)
Max Time Dead Hang
(Only One Attempt)

--- 1min Break ---

Part C (Time Frame 5min)
Max Time Handstand Hold On
The Wall
(Time For The Longest Attempt)

Standards

Row: ♂ 750m / ♀ 500m

Athlete Name: _____

Workout Location: _____

Judge Name: _____

Part A 750m / 500m Row		Part A Min. 1-4 ↓ Break Min. 4-5 ↓ Part B Min. 5-10 ↓ Break Min. 10-11 ↓ Part C Min. 11-16
Time / Meter		
Part B Max Time Dead Hang		Time
Time		
Part C Max Time Handstand Hold		Time
Attempt 1	Time	
Attempt 2	Time	
Attempt 3	Time	
Attempt 4	Time	Time

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

Date

Athlete Signature