



SUPERNOVA

WORKOUT 3 - Qualifier 22.3

presented by



DIVISION 2 Age 14 - 15

Running Clock For 14 Minutes

Part A (Time Frame 5min)
1250m / 1000m Row

--- 1min Break ---

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

--- 1min Break ---

Part C (Time Frame 2min)
Max Reps Dumbbell Snatches

Standards

Row: ♂ 1250m / ♀ 1000m

DB Snatches: ♂ 10kg / ♀ 5kg

Part A 1250m / 1000m Row	Part A Min. 1-5 ↓ Break Min. 5-6 ↓ Part B Min. 6-11 ↓ Break Min. 11-12 ↓ Part C Min. 12-14
Time / Meter	
Part B Max Time Dead Hang	Part B Min. 6-11 ↓ Break Min. 11-12 ↓ Part C Min. 12-14
Time	
Part C Max Reps DB Snatches	Part C Min. 12-14
Reps	

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature