



SUPERNOVA

WORKOUT 3 - Qualifier 22.3

presented by



SIMPLELIFT
WEIGHTLIFTING

DIVISION 4 Age 18 - 19

Running Clock For 21 Minutes

Part A (Time Frame 7min)
1750m / 1500m 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
- 2 Hang Snatches
- 1 Overhead Squat

Standards

Row: ♂ 1750m / ♀ 1500m

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature

Part A 1750m / 1500m Row		Part A Min. 1-7 ↓ Break Min. 7-9 ↓ Part B Min. 9-11 ↓ Break Min. 11-13 ↓ Part C Min. 13-21
Time / Meter		
Part B Max Reps Pull Ups		Part B Min. 9-11 ↓ Break Min. 11-13 ↓ Part C Min. 13-21
Reps		
Part C Complex For Max Load		Part C Min. 13-21
Attempt 1	kg	
Attempt 2	kg	
Attempt 3	kg	
Attempt 4	kg	