

LOKI



DIVISION 1 Age 13 - 14



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 9 Minutes

Part A (Time Frame 3min)
Max Handstand-Hold on a Wall

directly into

Part B (Time Frame 3min)
Max Rep Burpee Box Over

directly into

Part C (Time Frame 3min)
Max Rep Air Squats

Part B Max Rep Burpee Box Over	

Part C Max Rep Air Squats	

Standards

Box: ♀ 20inch / ♂ 24inch

Part A: Time _____

Part B: Reps _____

Part C: Reps _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature