



SUPERNOVA – Workout 3

WOD 3 – on a running clock (TC: 16 min) - SUPERNOVA

DIVISION 12-13

750/500 m row (4 min window)

- 1 min break

Max time dead hang (one attempt – 5 min window)

- 1 min break

Max time hs hold on wall (5 min frame for a long attempt)

Notes

This workout is done on a running clock and has a Timecap (TC) of 16 minutes. The workout begins with a 750m/500 m 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 the athlete finishes the required amount of meters. There is a 4 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 4 minutes must be noted.

There is a mandatory break of one minute for everyone from minute 4 to minute 5.

At minute 5 the athlete may start his one attempt of maximum time in a deadhang position. The timeframe for this attempt is from minute 5 to 10.

ONLY ONE ATTEMPT.

There is another mandatory break from minute 10 to minute 11.

From minute 11 to 16 the athlete may try the longest handstand hold on a wall as possible (there are 4 spots on the scorecard but the athlete may try as often as possible). The longest one will count. It is not allowed to add up all single times.

The workout ends when the clock shows 16 minutes on the timer.

Scores

There will be 3 different scores in this workout:

- A - time or meters rowed in the Timecap
- B - maximum Time for one attempt dead hang
- C - Time of longest attempt in handstand hold on a wall

The athletes do need a judge.

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.

Dead hang position:

The dead hang position starts, once the athlete hangs free on the bar and no feet touch the stances or the ground. In the dead hang position the athlete must use both hands to hold on. It is allowed to re-grip but not to hold on with only one single hand. This movement ends when the athlete falls off the bar or the athlete touches the stances or the ground. The bar needs to be so high that the athlete can hang on free without the feet touching the ground.

Handstand hold on the wall:

The athlete starts with an upright movement against the wall. The time in the handstand hold begins when both feet of the athlete are in the air. The athlete has as many tries as wanted. The longest stand on the wall counts. It is not allowed to add up all single times.

Equipment

- Concept 2 rower
- Bar for the Dead hang position
- Wall for the handstandhold

You can enter your score till 23.12.2022 11:59 pm (MEZ).