



## CUB GAMES WEEK 3

17:00 PM AEST, THURSDAY MARCH 2 THROUGH TO WEDNESDAY, MARCH 8 @ 10:00 AM AEST

### WORKOUT CG6.3 LION DIVISION

LION CUB	LION CUB
<b>SET A RUNNING CLOCK FOR 17 MINS</b> <b>PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)</b>	<b>SET A RUNNING CLOCK FOR 17 MINS</b> <b>PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)</b>
<b>RX</b>	<b>SCALED</b>
15/10 cal row	15/10 cal row
10 Power Cleans (40kg/30kg)	10 Power Cleans (30kg/25kg)
20 Box Jump Overs (30"/24")	20 Box Jump Overs (24"/20")
30 wall balls (6kg to 10ft/6kg to 9ft)	30 wall balls (4kg to 10ft/4kg to 9ft)
40 double unders	40 double unders (or 80 single skips)
30 wall balls (6kg to 10ft/6kg to 9ft)	30 wall balls (4kg to 10ft/4kg to 9ft)
20 Box Jump overs (30"/24")	20 Box Jump overs (24"/20")
10 power cleans (40kg/30kg)	10 power cleans (30kg/25kg)
<b>PART B – 12:00-17:00 MINS</b>	<b>PART B – 12:00-17:00 MINS</b>
5 MINS TO FIND 3RM CLEAN (POWER OR FULL)	5 MINS TO FIND 3RM CLEAN (POWER OR FULL)
<b>40kg = 85lbs    30kg = 65lbs    25kg = 55lbs    6kg = 15lbs</b>	<b>4kg = 8lbs</b>

This workout is scored in two parts.

**Set a running clock for 17 minutes.**

**Part A is from 0:00-12:00.**

The athlete has 12 minutes to complete the above chipper. Should the workout not be finished at the 12 minute time cap, their score will be their time plus the number of reps not completed. For example, if they missed the last 8 reps, their score will be 12:08.

The athlete starts with a 15 cal row for boys and 10 cal row for girls. They will then move on to 10 power cleans, 20 box jump overs, 30 wall balls, 40 double unders, 30 wall balls, 20 box jump overs and 10 power cleans. Scaled can perform double unders if they so choose or can sub for 80 single skips (80 single skips are scored as 40 reps).

The score is time taken to complete the above.

**Part B is not to be started until the 12 minute mark on the clock.**

PART B – Once the clock hits 12 minutes, the athlete has 5 minutes to find a 3 rep max clean. This can be either power or a squat clean. The bar is to be taken from the ground and the 3 reps are to be touch and go. There is to be no dropping of the bar until the 3 reps are complete. The athlete can make as many attempts as they like within the 5 minutes with their score being their heaviest successful 3RM lift.

## **MOVEMENT STANDARDS:**

### **ROWING**

Concept 2 Rower must be used. Any damper setting is allowed. Athlete must start in the seat and no holding of the paddle until 3-2-1 GO is complete. Athlete must exit the machine on their own with no assistance.

### **POWER CLEAN**

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

### **BOX JUMP OVERS**

Athletes must jump from the ground onto the box with two feet. They may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required

### **WALLBALL**

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the required target. The measured target which is marked with tape is reached when the ball is OVER the line. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.

### **DOUBLE UNDER**

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

### **SINGLE SKIPS**

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.