



CUB GAMES WEEK 1

17:00 PM AEST, THURSDAY FEBRUARY 16 THROUGH TO WEDNESDAY, FEBRUARY 22 @ 10:00 AM AEST

WORKOUT CG6.1 ALL DIVISIONS

12 MIN AMRAP

6 x 10m Shuttle Runs

2-4-6-8-10-12-14 etc. Devils Press (Line facing burpees for FOX)

*each 10m shuttle counts as 1 rep (6 runs=6 reps)

Lion – Devils Press (RX 2 x 12.5kg/10kg)
(scaled 1 x 12.5kg/10kg)

Bear – Devils Press (RX 1 x 8kg)
(scaled 1 x 5kg)

Fox – Line Facing Burpees

12.5kg = 27.5lbs

10kg = 25lbs

8kg = 18lbs

5kg = 10lbs

At the call of “3,2, 1...go!” the athlete commences the 6 x 10m shuttle runs (1 x 10m counts as 1 rep so 6 laps will make 6 reps in total). Please read the movement standards below for the shuttle run.

On completion of 6 runs, the Lion and Bear divisions will take their dumbbells and perform 2 devils press. Lions RX will use 2 dumbbells (one per hand) and Lions scaled and bears will only use one, alternating hands each rep. Fox Cubs will perform 2 line facing burpees.

On completion of the 2 reps, the athlete will then run 6 more shuttles and then perform 4 devils press and/or burpees. The reps of the devils press and burpees increase by 2 every round.

Keep moving in this manner for 12 minutes. Score is the number of reps competes in 12 minutes.

MOVEMENT STANDARDS:

SHUTTLE RUN

A 10 metre running track must be clearly marked with tape. Athlete begins behind the tape and must run the 10 metre distance with one foot and both hands passing the line and touching the ground to count as a rep. If the foot and both hands do not go over the line the athlete must be called back to start the 10 meters again.

DEVILS PRESS

The athlete will start each repetition with the dumbbells on the ground. Then, with the athletes hands on the dumbbells, they will perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both dumbbells locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may “swing” the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

Scaled and bears will use only one dumbbell. All movement standards remain the same however they will burpee with one hand on the dumbbell and swing the one dumbbell overhead. Athletes should alternate hands for each rep.

LINE FACING BURPEES

Using the taped line from the shuttle runs, or you may mark out a separate taped line just for the burpees, the athlete will perform a burpee facing the line and jump over the line, turn around and complete the next burpee facing the line on the other side. There is no need to show full extension. The burpee ends with a jump over the line.