



## CUB GAMES WEEK 2

17:00 PM AEST, THURSDAY FEBRUARY 23 THROUGH TO WEDNESDAY, MARCH 1 @ 10:00 AM AEST

WORKOUT CG6.2 **FOX DIVISION**

**FOR TIME (15 MIN TIME CAP)**

**8 ROUNDS**

16 Bodyweight Alternating Lunges (2 lunges = 1 rep)

8 Jumping Pull Ups

8 kettlebell deadlifts (RX 1 x 12kg Scaled 1 x 8kg)

At the call of “3,2, 1...go!” the athlete will perform 16 alternating lunges – every 2 lunges counts as one rep. On completion of the reps the athlete will then perform 8 jumping pull ups. The athlete will then move on to 8 kettlebell deadlifts. This will constitute as one round. Continue in this fashion for 7 more rounds at which time the time will be recorded. If the athlete does not finish all 8 rounds in the 15 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 of the deadlift, their score will be 15:08.

### **MOVEMENT STANDARDS:**

#### **JUMPING PULL UP**

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete’s head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar.

#### **BODYWEIGHT ALTERNATING STATIC LUNGE**

This movement is a normal lunge with no weight. Each lunge begins with the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the forward leg back bringing the feet back together. The rep ends with the athlete standing tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep. This movement is a forward lunge only. Backwards lunges are not permitted.

#### **KETTLEBELL DEADLIFT**

The kettlebell starts on the ground. The athlete grabs the handle with both hands and lifts from the ground until hips and knees reach full extension and head and shoulders are behind the kettlebell. Every time the kettlebell touches the ground and the athlete stands to full extension, counts as one rep.