



CUB GAMES WEEK 2

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

WORKOUT CG6.2 LION AND BEAR DIVISIONS

LION CUB

FOR TIME (15 MIN TIME CAP)

8 ROUNDS

- 8 Front Rack Barbell Lunge (RX 25kg/20kg Scaled 20kg/15kg)
- 8/6 Chest to Bar (scaled – Jumping Pull Ups)
- 8 Ground to overhead (anyhow) (RX 25kg/20kg Scaled 20kg/15kg)

BEAR CUB

FOR TIME (15 MIN TIME CAP)

RX

8 ROUNDS

- 8 Front Rack Barbell Lunge (8KG)
- 8/6 Pull Ups
- 8 Ground to overhead (anyhow) (8kg)

SCALED

8 ROUNDS

- 16 Bodyweight Alternating Lunges (2 lunges = 1 rep)
- 8 Jumping Pull Ups
- 8 Burpees to a 15kg plate (approx. 2 inches)

At the call of “3,2, 1...go!” the athlete will clean the barbell to the front rack and commence 8 front rack barbell lunges (scaled bear athletes will perform 18 alternating lunges without the bar – every 2 lunges counts as one rep). On completion of the reps the athlete will then perform 8 for boys and 6 for girls chest to bar/pull ups/ jumping pull ups as specified in your respective division. Both boys and girls in bear scaled will perform 8 jumping pull ups. The athlete will then move on to 8 ground to overhead anyhow – this can be snatch or clean and jerk. Scaled bears will perform 8 burpees to a 15kg plate. 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 ground to overhead, their score will be 15:08.

MOVEMENT STANDARDS:

FRONT RACK BARBELL LUNGE

Each lunge begins with the weight racked on the front rack, 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 weight still in the front rack position and 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.

CHEST TO BAR

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

PULL UPS

This is a standard chin-over-bar pull up. Dead hand, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.

At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.

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.

GROUND TO OVERHEAD

The ground to overhead starts with the weight on the floor and finishes with the barbell fully locked out overhead with the arms, hips, and legs extended, and the bar over the center of the athlete's body when viewed from profile. The athlete may perform a clean and jerk whether the barbell passes through the front-rack position before going overhead; A muscle clean, power clean, split clean, or squat clean may be used and once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead.

The athlete can also snatch where the bar moves from the ground and locked out overhead in one movement.

If there are no bumper plates on the bar, the bar is to start at mid shin.

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.

BURPEES TO PLATE

The burpee must be performed perpendicular and facing the plate. The athlete can jump or step feet back so they are lying on the ground. The chest and thighs touch the ground. The athlete can then either jump or step feet back up from the burpee. The athlete must jump up onto the 15kg plate from both feet and land on both feet. Single-legged jumping or stepping onto the plate is not permitted. The rep ends when the athlete lands on both feet on top of the plate. Full extension on top of the plate is not required.