



CUB GAMES WEEK 3

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

WORKOUT CG6.3 BEAR DIVISION

BEAR CUB	BEAR CUB
<p>SET A RUNNING CLOCK FOR 15 MINS PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)</p>	<p>SET A RUNNING CLOCK FOR 15 MINS PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)</p>
<p>RX</p>	<p>SCALED</p>
<p>10 Power Cleans (20kg/15kg) 20 Box Jump Overs (20") 10 cal row 40 double unders (or 80 single skips) 10 cal row 20 Box Jump overs 10 power cleans</p>	<p>10 Power Cleans (8kg) 20 Box Jump Overs (20" – can step) 10 cal row 40 double unders (or 80 single skips) 10 cal row 20 Box Jump overs 10 power cleans</p>
<p>PART B – 12:00-15:00 MINS</p>	<p>PART B – 12:00-15:00 MINS</p>
<p>3 MINS max calories on the rower</p>	<p>3 MINS max calories on the rower</p>
<p>20kg = 45lbs 15kg = 35lbs 8kg = 18lbs</p>	

This workout is scored in two parts.

Set a running clock for 15 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 10 power cleans followed by 20 box jump overs, 10 cal row, 40 double unders, 10 cal row, 20 box jump overs and 10 power cleans to finish. The athlete 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 3 minutes to row as many calories on the rower. The damper can be set to any level. Score is total calories reached at the end of the 3 minutes.

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. If you aren't using bumper plates the bar is to start mid shin.

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.