



## CUB GAMES WEEK 3

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

### WORKOUT CG6.3 FOX DIVISION

#### FOX CUB

**SET A RUNNING CLOCK FOR 15 MINS**

**PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)**

#### RX/SCALED

8 cal row  
20 Plate Jump or step ups (16")  
30m bear crawl  
40 Toe Taps onto 15kg plate (approx. 2 inches)  
30m bear crawl  
20 Plate Jump or step ups (16")  
8 cal row

Each 10m crawl = 1 rep

#### **PART B – 12:00-15:00 MINS**

3 MINS max calories on the rower

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 8 calorie row followed by 20 plate jump or step ups, a 30m bear crawl, 40 toe taps onto a 15kg plate, 30m bear crawl, 20 plate jump or step ups and an 8 calorie row to finish. Each 10m crawl will count as 1 rep.

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.

### **PLATE JUMP OR STEP**

Stack up some plates so they measure 16". The movement starts with the athlete standing in front of the plates with both feet on the ground. The athlete must then jump onto the plates with a two feet take off and land on the plates with two feet. Athletes are allowed to step onto the plates if they choose. **The rep is complete when the athlete stands on top of the both with hips and knees open fully while in control on top of the plates.** The athlete may jump or step off the plates.

### **BEAR CRAWL**

The movement starts with hands and feet on the ground behind the taped line. Crawl forward moving opposite hands and feet in unison (right hand and left foot, left hand and right foot). Both hands and feet must clear the taped lines before spinning around. Only forward travelling bear crawl is permitted

### **TOE TAPS**

Start with one foot on the plate and one foot on the ground. Alternate feet while touching toe on top of the plate. Every time the toe touches the plate is one rep.