



CUB GAMES WEEK 4

17:00 PM AEST, THURSDAY MARCH 9 @ 17:00 PM AEST THROUGH TO WEDNESDAY, MARCH 15 @ 10:00 AM AEST

WORKOUT CG6.4 **FOX DIVISION**

FOX CUB

FOR TIME (8 MIN TIME CAP)

RX

3 ROUNDS

21 knee raises

21 Side to side jumps

12 goblet thrusters with dumbbell (1 x 3kg)

PART B – In remaining time max reps toes to bar OR knee raises (every toes to bar rep counts as 2 reps).

SCALED

3 ROUNDS

21 knee raises

21 Side to side jumps

12 goblet thrusters with dumbbell (1 x 2kg)

PART B – In remaining time max reps toes to bar OR knee raises (every toes to bar rep counts as 2 reps).

At the call of “3,2, 1...go!” the athlete will perform 21 knee raises. They will then perform 21 side to side jumps total over a marked line and then 12 goblet thrusters with one dumbbell. That will constitute as one round. Perform the above 2 more times for a total of 3 rounds.

Record the finish time for the 3 rounds. If the athlete does not finish all 3 rounds in the 8 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 8:08.

For the remainder of the 8 mins, perform as many toes to bar or knee raises – the choice is yours. Should you choose toes to bar, every 1 TTB will count as 2 reps. Record total reps as part B.

MOVEMENT STANDARDS:

KNEE RAISES

Athletes must start from full hang to having the knees come up at the same time above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

SIDE TO SIDE JUMPS

Mark a line with chalk or a piece of tape. Bend your knees and hips to lower yourself into a quarter-squat position. Perform an explosive vertical jump with a lateral movement to your side over the line. Repeat this jump toward the opposite side and continue this movement back and forth for the desired amount of repetitions.

GOBLET THRUSTER WITH DUMBBELL

Each set of goblet thrusters begins with dumbbell on the ground. The dumbbell is held in both hands centered on the body. Dumbbell moves from the bottom of a front squat to full lockout overhead. A full squat clean into the thruster is allowed when the dumbbell is taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. The rep is credited when the dumbbell is locked out overhead, with the hips, knees, and arms fully extended. The dumbbell must be directly over or slightly behind the middle of the body. Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."

TOES TO BAR

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.