



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 **LION AND BEAR DIVISIONS**

LION CUB

FOR TIME (8 MIN TIME CAP)

RX

3 ROUNDS

12 Toes to Bar

21 Dumbbell Snatch (1 x 12.5kg/10kg)

12 Dumbbell Thrusters (1 x 12.5kg/10kg)

PART B – In remaining time max reps bar muscle ups

SCALED

3 ROUNDS

24 Knee Raises **Total** (For scoring purposes every 2 knee raises counts as 1 rep – do 24 knee raises total and score 12)

21 Dumbbell Snatch (1 x 10kg/8kg)

12 Dumbbell Thrusters (1 x 10kg/8kg)

PART B – In remaining time max reps knee raises (can score 1 for 1 for Part B – i.e. every knee raise counts as 1 rep)

BEAR CUB

FOR TIME (8 MIN TIME CAP)

RX

3 ROUNDS

12 Toes to Bar

21 Dumbbell Snatch (1 x 8kg)

12 goblet thruster with dumbbell (1 x 8kg)

PART B – In remaining time max reps toes to bar

SCALED

3 ROUNDS

24 Knee Raises **Total** (For scoring purposes every 2 knee raises counts as 1 rep – do 24 knee raises total and score 12)

21 Dumbbell Snatch (1 x 6kg)

12 goblet thruster with dumbbell (1 x 6kg)

PART B – In remaining time max reps knee raises (can score 1 for 1 for Part B – i.e. every knee raise counts as 1 rep)

At the call of “3,2, 1...go!” the athlete will perform 12 toes to bar (24 knees raises for scaled). They will then perform 21 dumbbell snatch with 1 dumbbell and then 12 dumbbell thrusters with 1 dumbbell alternating arms when desired (Bears will perform a goblet thruster 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 bar muscle ups/toes to bar or knee raises dependent on your division. Record total reps as part B.

MOVEMENT STANDARDS:

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.

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.

DUMBBELL SNATCH

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

DUMBBELL THRUSTER

Each set of dumbbell thrusters begins with dumbbell on the ground. Hold the dumbbell in the front-rack position during the squat. The 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 is to 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". You may change arms whenever desired.

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."

BAR MUSCLE UP

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.