



CUB GAMES WEEK 1

17:00 PM AEST, THURSDAY FEBRUARY 22 @ 17:00 PM AEST THROUGH TO WEDNESDAY, FEBRUARY 28 @ 10:00 AM AEST

WORKOUT CG7.1

LION CUB RX FOR TIME (16 MIN TIME CAP) 3 ROUNDS 20 Dumbbell Thrusters (2 x 10kg/8kg) 20 Double Unders 20 Burpee Box Jumps 24"/20" 20 Pull Ups	LION CUB SCALED FOR TIME (16 MIN TIME CAP) 3 ROUNDS 20 Dumbbell Single Arm Thrusters (10/8) 40 Single skips 20 Burpee Box Jumps/step ups 20" 20 Ring Rows
BEAR CUB RX FOR TIME (16 MIN TIME CAP) 3 ROUNDS 20 Dumbbell Single Arm Thrusters (8kg) 20 Double Unders or 40 single skips (2 skips = 1 rep) 20 Burpee Box Jumps 20" 10 Pull Ups	BEAR CUB SCALED FOR TIME (16 MIN TIME CAP) 3 ROUNDS 20 Dumbbell Single Arm Thrusters (6kg) 40 single skips 20 Burpee Box Jumps/step ups 20" 10 Ring Rows
FOX CUB RX FOR TIME (16 MIN TIME CAP) 3 ROUNDS 20 Dumbbell Single Arm Thrusters (3kg) 20 single skips 20 Burpee Box Jumps/steps 16" 10 Ring Rows	FOX CUB SCALED FOR TIME (16 MIN TIME CAP) 3 ROUNDS 20 Air Squats 20 single skips 20 Burpee box Jumps/steps 16" (may use box or stack plates) 10 Ring Rows

At the call of "3,2, 1...go!" the athlete will perform 20 dumbbell thrusters (air squats for scaled fox). Lion RX will be the only division performing the thruster with a dumbbell in each hand. All others will be one arm thrusters and can alternate arms whenever desired.

Once the reps are complete the athlete will move on to either 20 double unders or 40 single skips as per the division requirement. Bear Cub RX may choose to sub 20 double unders for 40 single skips. In that case every 2 single skips counts as 1 rep.

Athletes will then move on to 20 burpee box jumps/steps and then finish the round with the required amounts of pulls and/or ring rows.

The above is to be repeated 2 more times to total 3 rounds. Your score is the time finished. Should all reps not be finished within the 16 minute time cap, your score is 16 minutes, plus the number of reps not completed. So if 5 pull ups/ring rows are not finished the score will be 16:05.

MOVEMENT STANDARDS:

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. Lion Rx will have a dumbbell per hand.

BURPEE BOX JUMP / PLATE JUMP

The burpee box jump begins with an athlete using a box set to the required height. Each repetition begins with the athlete facing the box. The athlete shall then perform a burpee, facing the box. This requires the athlete’s chest and thighs to come in contact with the floor. The athlete can step or jump back into a burpee and can jump or step themselves back to a standing position with both feet in contact with the floor. From here, the athlete must jump with a two-foot takeoff on top of the box (stepping is permitted for the divisions where indicated). The athlete must finish with both feet on the box and show full extension and control at the top of the box/plate. The athlete may step or jump back down on the same side of the box at the completion of the rep.

The athlete must always start each repetition facing the box. Lateral burpees to the box will not be accepted.

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.

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.

RING ROWS

Start with feet directly beneath the rings. Set the rings up between chest and belly button height. Grab the rings and extend your arms creating a 45 degree angle between yourself and the floor. From this position keeping your midline locked in, pull yourself up so the rings hit your armpits. From here recoil back down extending your arms back down to the starting position.