



CUB GAMES WEEK 2

17:00 PM AEST, THURSDAY FEBRUARY 29 @ 17:00 PM AEST THROUGH TO WEDNESDAY, MARCH 6 @ 10:00 AM AEST

WORKOUT CG7.2

WITH A 12 MINUTE RUNNING CLOCK

<u>LION CUB – RX AND SCALED</u>	<u>BEAR CUB – RX AND SCALED</u>	<u>FOX CUB – RX AND SCALED</u>
<p>Part A 6 mins to establish a complex of: 2 x deadlift + 1 hang clean (squat or power)</p> <p><i>* Bar must not touch the floor after the second deadlift</i> <i>* Hang – anywhere above the knee</i></p> <p>*1 minute transition</p> <p><u>At 7:00 min mark (with 5 min time cap)</u></p> <p>Part B 20/15 cal row (boys/girls) 40 American Kettlebell Swings 16/12kg (Russian for scaled) 20/15 cal row</p>	<p>Part A <u>6 MIN AMRAP</u> 20 hang power cleans (8Kg) 10 x 10m up and back shuttle runs</p> <p>* Hang – anywhere above the knee</p> <p>*1 minute transition</p> <p><u>At 7:00 min mark (with 5 min time cap)</u></p> <p>Part B 20/15 cal row (boys/girls) 40 Russian Kettlebell Swings 8kg 20/15 cal row</p>	<p>Part A <u>6 MIN AMRAP</u> 15 wall ball over box 10 x 10m up and back shuttle runs 15 sit ups (ab mat allowed)</p> <p><i>* All athletes use a 6kg ball</i> <i>* RX athletes will use a 30" box</i> <i>* Scaled athletes will use a 24" box</i></p> <p>*1 minute transition</p> <p><u>At 7:00 min mark (with 5 min time cap)</u></p> <p>Part B 10 cal row 20 Kettlebell Deadlifts (8kg) 10 cal row</p>

LIONS

The clock is to set to 12 minutes and will continue for the duration of Part A and Part B.

The bar is to start unloaded. The athlete has 6 minutes to establish a 1RM complex of 2 deadlifts & 1 hang clean. At the call of 3,2,1....go!, the athlete will approach the bar and load to the desired weight. The deadlift reps must be unbroken with no regrip. Once the 2 deadlifts are complete the bar is not to touch the floor. The hang can be from anywhere above the knee. The clean can be squat or power. Once a weight is on a bar it cannot be reduced. The athletes' heaviest successful lift will be recorded. Lifting is to stop at the 6 minute mark allowing for a one minute transition.

The athlete can wait on the rower with hands behind their back and at the 7 minute mark the athlete will commence the cal row. On completion of the row they will perform 40 American kettlebell swings (Russian for scaled) and then finish Part B with the last set of calories on the rower. The calorie counter must be reset after the first row so the second row starts on zero calories.

The time will be recorded on completion of the calories.

BEARS

The clock is to set to 12 minutes and will continue for the duration of Part A and Part B.

At the call of 3,2,1....go!, the athlete will pick up the bar and perform 20 hang power cleans. The hang can be anywhere above the knees. On completion of the hang power cleans, they will then run 10 x 10m up and back shuttles (total of 20 lengths). Once all 10 up and back shuttles are complete the athlete will start back at the beginning. They will continue in this manner until the 6 min mark on the clock. The score is the number of reps completed in 6 minutes.

The Amrap stops at the 6 minute mark and the athlete has one minute rest / transition. The athlete can wait on the rower with hands behind their back and at the 7 minute mark the athlete will commence the cal row. On completion of the row they will perform 40 Russian kettlebell swings and then finish Part B with the last set of calories on the rower. The calorie counter must be reset after the first row so the second row starts on zero calories.

The time will be recorded on completion of the calories.

FOX

The clock is to set to 12 minutes and will continue for the duration of Part A and Part B.

At the call of 3,2,1....go!, the athlete will pick up the wall ball and perform 15 wall ball over box. On completion of the wall ball over box, they will then run 10 x 10m up and back shuttles (total of 20 lengths). Once all 10 up and back shuttles are complete the athlete will perform 15 butterfly sit ups (an abmat is allowed). Once the sit ups are finished the athlete will start back at the beginning. They will continue in this manner until the 6 min mark on the clock. The score is the number of reps completed in 6 minutes.

The Amrap stops at the 6 minute mark and the athlete has one minute rest / transition. The athlete can wait on the rower with hands behind their back and at the 7 minute mark the athlete will commence the cal row. On completion of the row they will perform 20 Kettlebell deadlifts and then finish Part B with the last set of calories on the rower. The calorie counter must be reset after the first row so the second row starts on zero calories.

The time will be recorded on completion of the calories.

MOVEMENT STANDARDS:

DEADLIFT

The bar starts on the ground. The athlete lifts the bar from the ground until hips and knees reach full extension and head and shoulders are behind the bar. Every time the bar touches the ground and the athlete stands to full extension, counts as one rep.

Should the bar not have bumper plates, the bar is to start from MID SHIN for each rep.

HANG CLEAN

The barbell starts on the ground and is deadlifted up with athlete standing to full extension. The barbell is then cleaned from a 'hang position' which is anywhere from above the knee. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar. The athlete may squat clean or power clean.

HANG POWER CLEAN (THIS IS FOR PART A FOR BEARS)

The barbell starts on the ground and is deadlifted up with athlete standing to full extension. The barbell is then cleaned from a 'hang position' which is anywhere from above the knee. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar. The athlete may not pass below parallel at the bottom of the clean.

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.

KETTLEBELL SWING (AMERICAN)

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.

KETTLEBELL SWING (RUSSIAN)

The Russian swing starts with the kettlebell just below the groin (above the knees) and is swung to chest level – approximately a 90-degree angle to the torso.

SHUTTLE RUN

A 10 metre running track must be clearly marked with tape. Athlete begins behind the tape and must run the 10 metre distance with two feet passing the line and one hand touching the ground to count as one rep. If both feet and one hand does not go over the line the athlete must be called back to start the 10 meters again.

BUTTERFLY SIT UPS

Ab-mat is permitted. Athlete begins on the floor, sitting up with the soles of the feet together. Descending back into the sit-up the athletes hands must touch the floor behind the head. Sitting up athlete must then touch the ground with both hands in front of the toes. Athlete is not permitted to use hands on legs to assist with the sit up. Sit up is complete as a rep when the ground have been touched in front of the toes.

WALL BALL OVER BOX

The ball starts on the ground. The athlete picks up the ball and places it on the box. They then run around to the other side, pull the ball off the box and guide it to the ground (they may pick it up off the box and tap it to the ground if they like). They will then pick up the ball and place it on the box again, run around to the other side and repeat the movements.

KETTLEBELL DEADLIFT

The kettlebell starts on the ground. The athlete grabs the handle with both hands and lifts from the ground until the hips and knees reach full extension and head and shoulders are behind the kettlebell. Every time the kettlebell touches the ground and the athlete stands to full extension, counts as one rep.