



CUB GAMES WEEK 3

17:00 PM AEST, THURSDAY MARCH 7 @ 17:00 PM AEST THROUGH TO WEDNESDAY, MARCH 13 @ 10:00 AM AEST

WORKOUT CG7.3

LION CUB	BEAR CUB	FOX CUB
FOR TIME (9 MIN TIME CAP)	FOR TIME (9 MIN TIME CAP)	FOR TIME (9 MIN TIME CAP)
RX 21-15-9 Toes to Bar BB Hang Power Snatch (25kg/20kg) Wall Balls (9kg/6kg to 9 ft)	RX 21-15-9 Toes to Bar Dumbbell Hang Power Snatch (8kg) Goblet Squats (8kg dumbbell)	RX 21-15-9 Knee Raises Dumbbell Hang Power Snatch (3kg) Goblet Squats (3kg dumbbell)
SCALED 21-15-9 Knee Raises BB Hang Power Snatch (20kg/15kg) Wall Balls (6kg/4kg to 9 ft)	SCALED 21-15-9 Knee Raises Dumbbell Hang Power Snatch (6kg) Goblet Squats (6kg dumbbell)	SCALED 21-15-9 Knee Raises Dumbbell Hang Power Snatch (2kg) Goblet Squats (2kg dumbbell)

At the call of 3,2,1....go!, the athlete will approach the pull up rig and perform 21 Toes to Bar/knee raises dependent on division. They will then perform 21 of the specified snatch movement for their division. They will finish the round of 21 with either wall balls or goblet squats (again dependent on division).

Athletes will repeat the same three movements 15 times as the second round (i.e. 15 TTB or Knee Raises, 15 hang power snatch, and 15 wall balls or goblet squats (dependent on division)) and for the final round all movements will be performed 9 times (9 TTB or Knee Raises, 9 hang power snatch, and 9 wall balls or goblet squats (dependent on division)).

The score will be the time taken to complete all reps or if not complete, the time (9 mins) plus 1 second for every rep not completed.

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.

HANG POWER SNATCH

The barbell begins on the ground and must be deadlifted up to the standing the position. The athlete will go to the hang position anywhere above the knee and in one motion lift the bar overhead. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

DUMBBELL HANG SNATCH

The dumbbell hang snatch starts with the dumbbell on the ground. The athlete picks up the dumbbell and starts the rep by bringing the dumbbell to the hang position either above or below the knee. The rep finishes with the dumbbell directly overhead. The dumbbell must be lifted overhead in one motion. 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.

WALLBALL

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the required target. The measured target which is marked with tape is reached when the ball is OVER the line. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.

GOBLET SQUAT WITH DUMBBELL

Each set of goblet squats begins with dumbbell on the ground. The dumbbell is held in both hands centered on the body. The athlete squats until hip crease is below knee and then stands to full extension at the top with hips open and knees locked.