



CUB GAMES WEEK 4

17:00 PM AEST, THURSDAY MARCH 14 @ 17:00 PM AEST THROUGH TO WEDNESDAY, MARCH 20 @ 10:00 AM AEST

WORKOUT CG7.4

LION CUB	BEAR CUB	FOX CUB		
FOR TIME (14 MIN TIME CAP)	FOR TIME (14 MIN TIME CAP)	FOR TIME (14 MIN TIME CAP)		
RX 10 -8 – 6 – 4 – 2 Bar Facing Burpees Power Cleans (30kg/25kg barbell) Front Squats (30kg/25kg barbell) * At the end of every round (including the round of 2) perform 3 (for boys) /2 (for girls) bar muscle Ups – Can sub BMU for 9 Chest to Bars (boys) and 6 Chest to Bar (girls) – <i>For scoring purposes</i> 9 C2B = 3 points 6 C2B = 3 points Please refer to workout description below for more details SCALED 10 -8 – 6 – 4 – 2 Bar Facing Burpees Power Cleans (30kg/25kg barbell) Front Squats (30kg/25kg barbell) * At the end of every round (including the round of 2) perform 8 jumping pull ups	RX 10 -8 – 6 – 4 – 2 Bar Facing Burpees Power Cleans (15kg barbell) Front Squats (15kg barbell) * At the end of every round (including the round of 2) perform 6 pull ups SCALED 10 -8 – 6 – 4 – 2 Bar Facing Burpees Power Cleans (8kg barbell) Front Squats (8kg barbell) * At the end of every round (including the round of 2) perform 6 jumping pull ups	RX & SCALED 10 reps Burpees to a plate Sumo deadlift high pulls (4kg) 10m Suitcase carry (4kg) (100m) 8 reps Burpees to a plate Sumo deadlift high pulls (4kg) 10m Suitcase carry (4kg) (80m) 6 Burpees to a plate Sumo deadlift high pulls (4kg) 10m Suitcase carry (4kg) (60m) 4 Burpees to a plate Sumo deadlift high pulls (4kg) 10m Suitcase carry (4kg) (40m) 2 Burpees to a plate Sumo deadlift high pulls (4kg) 10m Suitcase carry (4kg) (20m) * At the end of every round (including the round of 2) perform 4 jumping pull ups		
30kg = 65lbs	25kg = 55lbs	15kg = 35lbs	8kg = 18lbs	4kg = 10lbs

LION

At the call of 3,2,1....go!, the athlete will perform 10 bar facing burpees. They will then perform 10 power cleans and finish with 10 front squats.

At the end of the round of 10 the athlete will perform:

- Lion RX Boys – 3 bar muscle ups
- Lion RX girls – 2 bar muscle ups
- Lion scaled – 8 jumping pull ups

*RX LION ATHLETES MAY SUB OUT THE BAR MUSCLE UPS FOR 3 x THE AMOUNT OF CHEST TO BAR (THIS IS NOT CONSIDERED SCALED). BOYS WILL NEED TO PERFORM 9 CHEST TO BAR AND GIRLS 6 CHEST TO BAR.

*9 CHEST TO BAR FOR BOYS WILL ONLY COUNT AS 3 REPS FOR SCORING PURPOSES AND 6 CHEST TO BAR FOR GIRLS WILL ONLY COUNT AS 2 REPS FOR SCORING PURPOSES. SO EACH 3 C2B COUNTS AS 1 REP FOR SCORING PURPOSES. IF A BOY ONLY MANAGES TO DO 7 THEN HIS REP COUNT WILL BE 2.

1-3 C2B = 1 REP 4-6 C2B = 2 REPS 7-9 C2B = 3REPS

* THE ATHLETE MAY CHOOSE TO DO BMUS' IN ONE ROUND AND C2B IN THE OTHER ROUND/S (ie They can do BMU's in Round 1,3,4 and C2B in rounds 2, 5 for example). HOWEVER IF THEY CHOOSE BMUS' IN A ROUND, THEY MUST

FINISH THAT ROUND DOING BMU'S. IF THEY CHOOSE C2B FOR A ROUND, THEY MUCH FINISH THAT ROUND DOING C2B.

The athletes will then commence their round of 8 burpees, cleans and front squats.

Again at the completion of this round they will perform the same number of bar muscle ups/pull ups as in the first round.

Athletes will continue in this fashion for a further round of 6, a round of 4 and a final round of 2 of every movement, **performing the bar muscle up/pull ups after each round, including the round of 2. Please note the reps for the bar muscle ups/pull ups stay the same every round.**

On completion of the final bar muscle up or pull up, the time will be recorded and this is the score.

Should you time cap, your score will be 14 minutes plus 1 second for every rep not completed.

BEAR

At the call of 3,2,1....go!, the athlete will perform 10 bar facing burpees. They will then perform 10 power cleans and finish with 10 front squats.

At the end of the round of 10 the athlete will perform:

Bear RX – 6 pull ups

Bear Scaled – 6 jumping pull ups

The athletes will then commence their round of 8 burpees, cleans and front squats.

Again at the completion of this round they will perform the same number of pull ups as in the first round.

Athletes will continue in this fashion for a further round of 6, a round of 4 and a final round of 2 of every movement, **performing the pull ups after each round, including the round of 2. Please note the reps for the pull ups stay the same every round.**

On completion of the final pull up, the time will be recorded and this is the score.

Should you time cap, your score will be 14 minutes plus 1 second for every rep not completed.

FOX

At the call of 3,2,1....go!, the athlete will perform 10 burpee to plate. They will then perform 10 sumo deadlift highpulls and finish with 10 x 10m suitcase carries. For the suitcase carry, set up a 10m track. Athletes will just have to walk 10m to a line or around a cone 10 times in total (up counts as 1 rep, back counts as 2 reps, up again counts as 3 reps etc. – the distance covered is 100m).

At the end of the round of 10 the athlete will perform 4 jumping pull ups.

The athletes will then commence their round of 8 burpees, SDHP and 8 suitcase walks. Athletes will just have to walk 10m to a line or around a cone 8 times in total (up counts as 1 rep, back counts as 2 reps, up again counts as 3 reps etc. – the distance covered is 80m).

Again at the completion of this round they will perform 4 jumping pull ups.

Athletes will continue in this fashion for a further round of 6 (walking a total of 60m for the suitcase carry), a round of 4 (walking a total of 40m for the suitcase carry) and a final round of 2 of every movement (walking a total of 20m for the suitcase carry), **performing the 4 jumping pull ups after each round, including the round of 2. Please note the reps for the jumping pull ups stay the same every round.**

On completion of the final pull up, the time will be recorded and this is the score.

Should you time cap, your score will be 14 minutes plus 1 second for every rep not completed.

MOVEMENT STANDARDS:

BAR FACING BURPEE

The burpee must be perpendicular to the barbell and the athlete can step or jump both feet backwards and in. The chest must touch the ground at the bottom of the movement. When the athlete stands up they jump over the barbell. The same movement is repeated on the other side of the barbell. Full extension is not required at the top of the bar facing burpee.

BURPEE PLATE JUMP

The burpee to plate begins with an athlete facing a 10kg plate. The athlete shall then perform a burpee, facing the plate. 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 plate. The athlete must finish with both feet on the plate and show full extension and control at the top of the plate. The athlete may step or jump back down on the same side of the plate at the completion of the rep. The athlete must always start each repetition facing the plate. Lateral burpees to the plate will not be accepted.

POWER CLEAN

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar. If the bar does not have bumper plates, the bar must start mid shin.

FRONT SQUAT

The barbell begins on the ground and athlete must clean the barbell up to the front rack position to start the movement. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.

SUMO DEADLIFT HIGHPULL

Begin each rep with the kettlebell on the ground. If using a dumbbell, have one head of the dumbbell on the ground so the dumbbell is standing upright. Legs should be slightly outside the shoulders. Hinge to pick up the kettlebell or dumbbell and pull it up with elbows high and outside, hips and knees fully extended and the top of the kettlebell/dumbbell is in line with or above the clavicle.

SUITCASE CARRY

Walk the required distance whilst holding a kettlebell or dumbbell in one hand. The kettlebell or dumbbell can be swapped between hands as desired.

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.

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.

JUMPING PULL UP

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. Athletes can stand on boxes or plates to find the correct height. At the bottom, the arms must be fully extended (meaning the athlete will have to bend their legs so their arms are straight overhead holding onto the bar). The athlete will jump from that position until their chin breaks the horizontal plane of the bar. Overhand, underhand or mixed grip are all permitted. Once the chin is over the bar the athlete will drop back to the starting position of the arms fully locked out overhead while holding onto the bar with knees bent to allow this position. That is one rep. Every rep needs to return to the bottom position with arms fully straight overhead while holding on to the bar.