



CUB GAMES WEEK 4 – BROUGHT TO YOU BY WOD GEAR AUSTRALIA

17:00 AEST, THURSDAY, MARCH 15 THROUGH TO TUESDAY, MARCH 20 10 AM

WORKOUT CG.4 ALL - BEAR CUB: 10 -12 years

Scored in 2 Parts:

4 Mins: Max Calories on Rower

1 Minute Rest

4 Mins: Max Burpees over the Rower (facing rower)

NOTES: 9 Minute Clock to be set. Taped line for Rower Facing burpees on each side to be added

WORKOUT FLOW:

Athletes can begin by sitting on the Rower. On the call of 3-2-1 go Athlete can grab the handle and commence Row. Judges are to record total calories in the allocated time frame.

Rest for one minute and then do max burpees over the rower in the next 4 minutes.

Score is TOTAL Burpees completed.

Scored in 2 parts athletes will receive a Calorie Score and a Burpee Score

MOVEMENT STANDARDS:

ROWING

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. Score is total calories displayed exactly when time is up.

ROWER FACING BURPEE

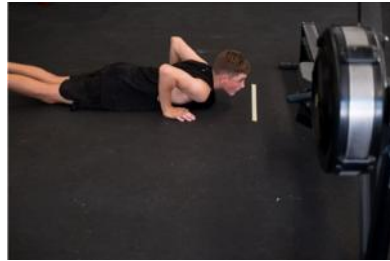
In the burpee athlete must jump or kick both feet backwards, at the same time, and jump up with both feet at the same time. Athlete must also jump with both feet at the same time over the Rower. Chest must touch the ground. Athlete can take a step towards the rower if they have jumped too far backwards to make the distance over the rower. Rower facing means the athlete must be directly



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facing the machine. Please set up a tape line for athlete's chest to touch. If chest does not hit the ground, if athlete does not kick both feet back together, or jump with feet together rep will not count.



EQUIPMENT

- Rower • Tape