



GAMES

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 - LION CUB: 13 -14 years

Scored in 2 Parts:

4 Mins: Max Calories on Rower

1 Minute Rest

4 Mins: Find a 3 Rep Max Hang Power Clean

NOTES: 9 Minute Clock to be set

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.

Barbell must start empty, however can be loaded during the 1-minute break/transition time. Collars must be used for safety. Score is HIGHEST TOTAL completed H.P Clean for 3 reps. E.g., 3 x Power Cleans at 35kg, then 3 x Power Cleans at 40kg, then failed attempt at 45kg - score is 40kg (please make note of movement standards).

Scored in 2 parts athletes will receive a Calorie Score and a Weight 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.



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HANG POWER 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. As the athlete is doing a 3 Rep Max, this means the barbell cannot be put down between reps. A score is given when the athlete has successfully completed all 3 reps from the hang. Score is weight lifted. E.g. Athlete successfully Hang Power Cleans 40 KG for 3 repetitions

Athlete can start loading the bar to starting weight during the 1-minute break



EQUIPMENT

- Rower • Barbell • Collars • Weights