



G A M E S

CUB GAMES WEEK 3 – BROUGHT TO YOU BY BULLITT FIT GEAR

17:00 PM AEST, THURSDAY, MARCH 8 THROUGH TO TUESDAY, MARCH 13 10 AM AEST

WORKOUT CG.3 ALL FOX CUB: 7 -9 years

40-30-20 Repetitions

-) Single Skips x 2 (80, 60, 40 reps)
-) Butterfly Sit Ups
-) Shuttle Run

NOTES: 10 Meter line must be clearly marked with tape or cone for athlete to complete Shuttle Run. *Please make note of movement standards for run below*

2 x Single Skips = 1 X Rep. Eg 60 Single Skips = 30 Reps

WORKOUT FLOW:

Athlete's Rope must start on the ground. This workout begins on the call of 3-2-1 Go. Athlete can then start the 80 Single Skips. Upon completion athlete then begins the 40 Sit Ups. After completing all 40 reps athlete moves onto the 40 meter shuttle run. This is completed in 10-meter intervals. Workout then continues back to the Skipping for 60 reps, 30 sit ups, 30 m shuttle run etc. Workout ends when athlete has completed the 20m Shuttle Run.

Score is time taken to complete the workout OR time added on for every rep not completed:

EG. 10 reps remaining of the workout – TIME would be 10:10

Shuttle Run must be a completed in a 10-meter interval to count as a rep. Points for shuttle run. 10m = 10 Points.

PLEASE NOTE:- 2 X Single Skips = 1 Rep. Eg 60 Single Skips = 30 reps. Should the athlete complete say 5 skips, that will only be 2 reps. Only once you get to the multiple of 2 will the rep count



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MOVEMENT STANDARDS:

SINGLE SKIPS

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

BUTTERFLY SIT-UP

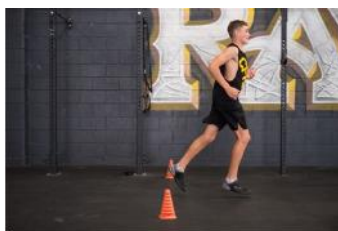
Ab-Matt is permitted. Athlete begins on the floor, sitting up with the soles of the feet together. Descending back into the sit-up athlete's hands must touch the floor behind the head. Sitting up athlete must then touch the ground with both hand in front of the toes. Athlete is not permitted to use hands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



SHUTTLE-RUN

A 10 Meter running track must be clearly marked with either tape or a cone. Athlete begins behind the cone and must step over the 10-meter line with both feet to count as a rep. If only one foot goes behind the line athlete must be called back to start the 10 meters again.

Otherwise known as a 'no rep'





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EQUIPMENT

Cone's/Tape • Skipping Rope•

10 Meter = 33 Foot

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.