



GAMES

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 **Rx'd LION CUB: 13 -14 years**

10-Minute Time Cap to complete:

30-20-10 Repetitions

-) Double Unders
-) American KB Swings 12/8
-) Wall Ball

M 6 Kg Medicine Ball to 9 Ft Target / F 4 Kg Medicine Ball 8 Ft Target

M 12 kg Kettlebell / F 8 Kg Kettlebell

NOTES: For 8 and 9 Foot target a taped line will need to be measured and clearly marked for Athlete to throw Wallball to.

WORKOUT CG.3 **SCALED LION CUB: 13 -14 years**

10-Minute Time Cap to complete:

30-20-10 Repetitions

-) Single Skips x 2 (i.e. 60, 40, 20 reps)
-) American KB Swings 12/8
-) Wall Ball

M 4 Kg Medicine Ball to 9 Ft Target/ F 4 Kg Medicine Ball to 8 Ft Target

M 12 kg Kettlebell / F 8 Kg Kettlebell

2 single skips = 1 double under rep



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 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 30 Double Unders or 60 Single Skips (scaled). Upon completion athlete then begins the 30 American Kettlebell Swings (movement standards below). After completing all skipping reps athlete moves onto the 30 Wallballs. Workout then continues back to the Double Unders for 20 reps (40 for scaled), KB swings for 20 reps and Wallballs for 20 reps. etc. Workout ends when athlete has completed the 10 Wall balls

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

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

MOVEMENT STANDARDS:

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

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.



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

KETTLEBELL SWING AMERICAN

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.



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.





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

EQUIPMENT

- Wallball/ Medicine Ball • Kettlebell • Skipping Rope•

*The official weight is in KG. For your convenience,

Kettlebell

12 Kg (26 lb) 8 kg (18 lb)

Medicine Ball

6 Kg (14 lb) 4 Kg (14 lb)

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 obstruct