



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 - FOX CUB: 7 -9 years

Scored in 2 Parts:

3 Mins: Max Calories on Rower

1 Minute Rest

3 Mins: Max Burpees

NOTES: 7 Minute Clock to be set. Not required to jump over rower

### 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 in the next 3 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.



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### 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. Chest must touch the ground and hips must reach an open position with the hands above head and touching to complete rep . 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