



CUB GAMES WEEK 2

17:00 PM AEST, THURSDAY FEB. 28 THROUGH TO WEDNESDAY, MARCH 6 @ 10:00 AM AEST

WORKOUT CG2 RXD AND SCALED BEAR CUB: 10 - 12 YEARS

SET A RUNNING CLOCK FOR 9 MINUTES

2 minutes to complete as many double unders OR skips as possible

1 minute rest

THEN 3 Rounds for time (6 min time Cap)

10 Burpees

10 Box Jump or Step Overs @ 20"

Part A score is total reps tallied into kilos lifted.

Each skip is worth 1 kg.

Each double under is worth 2 kg.

E.g. 50 skips = 50kg lifted

50 double unders = 100kg lifted

***MUST CHOOSE ONE OR THE OTHER. CANNOT DO BOTH**

NOTES Prior to starting the workout, a clock must be set with a 9 minute running clock (2 minutes for the skipping, 1 minute rest, 6 min cap for Part B).

This workout is scored in two parts.

PART A - At the call of "3, 2, 1...go!" athletes have two minutes to perform as many skips or double unders as possible. Athletes in either division may choose either movement, however once they choose one movement, they must only do that movement. They may not skip AND double under.

The score is total reps tallied into kilos. If the athlete skipped, each skip counts as 1 kilo. If they did double unders, each double under counts as 2 kilos.

Once the clock hits 2 minutes, the athlete rests for the next minute before moving on to part B.

PART B - At the 3 minute mark, the athlete must complete 3 rounds of 10 burpees and 10 box jump or step overs (both divisions can choose if they wish to jump or step or do a combination of both). PLEASE REFER TO MOVEMENTS STANDARDS BELOW.

There is a 6 minute time cap on Part B of the workout. The workout ends when the 3 rounds are complete or the clock hits 9 minutes.

Score is time taken to complete the three rounds. If the workout was not completed within the time cap, the score is number of total reps completed.

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.

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. The chest must touch the ground at the bottom of the movement and the athlete must show full extension at the top with a jump and clap of the hands above the head.

BOX JUMP OVERS

JUMPING: Athletes must jump from the ground onto the box with two feet. They may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required

STEPPING: As above except athlete may STEP onto box. Full extension on top of the box is not required