



## 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 FOX CUB: 7 - 9 YEARS

**SET A RUNNING CLOCK FOR 9 MINUTES**

2 minutes to complete as many single skips as possible

1 minute rest

THEN 3 Rounds for time (6 min time Cap)

10 Under Overs @ 20"

10 Step Ups @ 12"

*Part A score is total reps tallied into kilos lifted.*

*Each skip is worth 1 kg.*

*E.g. 50 skips = 50kg lifted*

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 as possible.

The score is total reps tallied into kilos. Each skip counts as 1 kilo

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 Under Overs and 10 step ups. Step ups can be plates, jerk blocks or a combination of both to equal 12". 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:**

### **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.

### **UNDER OVERS**

Set up two 20" boxes with a broomstick resting on top of the two boxes. The movement begins with the athlete crawling under the broomstick and once on the other side jumping or stepping back over the broomstick. That constitutes one rep.

### **STEP UPS**

Athletes must step from the ground onto the box/plates with the feet finishing on the box/plates and showing full extension on top of the box/plates. They then step down backwards off the box/plates which counts as one rep.