



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 LION CUB: 13 -15 YEARS**

SET A RUNNING CLOCK FOR 10 MINUTES

3 minutes to find a heavy Power Clean, Hang Power Clean, Full Clean complex

1 minute rest

THEN 3 Rounds for time (6 min time Cap)

10 Burpees

15 Box Jump Overs @ 20" (SCALED CAN STEP)

20 Alternating Dumbbell Snatch

(RX 8kg/10kg) (SCALED 6kg/8kg)

NOTES Prior to starting the workout, a clock must be set with a 10 minute running clock (3 minutes for the lift, 1 minute rest, 6 min cap for Part B).

This workout is scored in two parts.

PART A - The workout begins with an empty barbell. At the call of "3, 2, 1...go!" athletes have three minutes to find a heavy power clean, hang power clean and full clean. The barbell must not be dropped / released during the complex.

Collars must be used for safety. Score is HIGHEST TOTAL completed complex. E.g., Clean Complex at 35kg, then Complex at 40kg, then failed attempt at 45kg - score is 40kg (please make note of movement standards).

Once the clock hits 3 minutes, the athlete rests for the next minute before moving on to part B.

PART B - At the 4 minute mark, the athlete must complete 3 rounds of 10 burpees, 15 box jump overs (SCALED can do box step overs if they wish) and 20 alternating dumbbell snatch. 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 10 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:

POWER CLEAN

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

HANG POWER CLEAN

The barbell starts on the ground and is deadlifted up with athlete standing to full extension. The barbell is then cleaned from a 'hang position' which is anywhere from above the knee. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

FULL CLEAN/SQUAT CLEAN

The barbell starts on the ground and must come up to the shoulders with the athlete passing through a full squat with hips below knees. The athlete then stands up with the hips and knees fully extended and the elbows in front of the bar.

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

DUMBBELL SNATCH

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.