



CUB GAMES WEEK 5

17:00 PM AEST, THURSDAY MARCH 21 THROUGH TO WEDNESDAY, MARCH 27 @ 10:00 AM AEST

WORKOUT CG5 ALL DIVISIONS

FOR TIME (12 MINUTE TIME CAP)

10 thrusters
15 bar facing burpees
20 thrusters
25 bar facing burpees
30 thrusters
35 bar facing burpees

Lion Cubs – RX 25kg/20kg Scaled 20kg/15kg
Bar facing burpees

Bear Cubs – RX 8kg barbell for both boys and girls
SCALED 2 x 3kg dumbbells for both boys and girls
* Standard burpees for this division

Fox Cubs – BOTH DIVISIONS 2 x 2kg dumbbells for both boys and girls
* Standard burpees for this division

At the call of “3, 2, 1...go!” the athlete will commence thrusters as per the specified weights. On completion of the 10 reps, the athletes will then perform 15 bar facing burpees (standard burpees only for ALL BEAR AND FOX DIVISIONS). The athlete will then perform 20 thrusters and 25 bar facing burpees/burpees, and finish with 30 thrusters and 35 bar facing burpees/burpees.

The workout ends at the completion of all reps or when the time cap of 12 minutes is reached.

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

MOVEMENT STANDARDS:

THRUSTER

The barbell/dumbbells starts on the ground, and the athlete must elevate it into the rack position. There is no requirement to stand up fully before beginning the thruster, nor is standing up prohibited. The thruster begins when the athlete squats below parallel with the barbell/dumbbells racked on the shoulders (or at least below the chin). Then, in a single movement the athlete drives the barbell/dumbbells up out of the squat and overhead. The finishing position has the knees, hips and arms fully extended with the barbell/dumbbells stable over the heels. Once the athlete hits the bottom of the squat, there can be no re-bend of the knees and/or hips, and the feet must remain stationary. The barbell/dumbbells can stop near the top and be pressed out if necessary, but any descent of the barbell/dumbbells (after upward movement in the thruster has begun) constitutes a no lift. Any stepping, splitting, repositioning of the feet, re-bending the hips or knees or jerking all constitute a no-lift. Going up on the toes is permitted as long as the feet remain stationary. The athlete must wait for the judge's count at top of rep for the rep to count

BAR FACING BURPEE

The burpee must be perpendicular to the barbell and 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. When the athlete stands up they jump over the barbell. The same movement is repeated on the other side of the barbell. Full extension is not required at the top of the bar facing burpee.

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.