



CUB GAMES WEEK 1

17:00 PM AEST, THURSDAY FEB. 6 THROUGH TO WEDNESDAY, FEB. 12 @ 10:00 AM AEST

WORKOUT CG3.1 RXD LION CUB: 13 -15 YEARS

3 ROUNDS FOR TIME (12 MINUTE TIME CAP)

RXD

75 Double Unders

20 Wallballs to 9 ft target (6kg/4kg)

10 Chest to Bar

* Tie Break – Time after completion of the first round

SCALED

100 skips

20 Wallballs to 8 ft target (6kg/4kg)

10 Jumping Chest to Bar

* Tie Break – Time after completion of the first round

At the call of “3, 2, 1...go!” the athlete will commence the double unders (single skips for scaled). Once all reps are complete, they will begin the 20 wallballs and then 10 chest to bar (jumping chest to bar for scaled). **A tie break time should be recorded at the end of the first round.** This will be repeated 2 more times for a total of 3 rounds at which time the total time taken should be recorded. Should the athlete not complete all three rounds within the 12 minute time cap, record the total number of 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.

CHEST TO BAR PULL UPS

This is a standard chest to bar pull up. Dead hand, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.

At the bottom, the arms must be fully extended. At the top, anywhere from the bottom of the clavicle to the chest must clearly come into contact with the bar.

WALLBALL

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the required target. The measured target which is marked with tape is reached when the ball is OVER the line. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.

JUMPING CHEST TO BARS

For jumping chest to bar, the bar should be set up so it is 6 inches above the top of the athletes head when standing tall. A box/plates under the pull up bar is permitted to allow athletes to reach if necessary.

Athletes must start with arms at full extension. Anywhere from the bottom of the clavicle to the chest must clearly come into contact with the bar.