



CUB GAMES WEEK 2

17:00 PM AEST, THURSDAY FEB. 13 THROUGH TO WEDNESDAY, FEB. 19 @ 10:00 AM AEST

WORKOUT CG3.2 RXD AND SCALED LION CUB: 13 -15 YEARS

SET A RUNNING CLOCK FOR 8 MINUTES

- A. RX - 30 Overhead Squats (20kg/15kg)
Scaled - 30 Front Squats (20kg/15kg)

* Record time taken to complete the 30 reps

Immediately into

- B. Find 1RM Snatch (power or Full) in the remaining time

Tie Breaker is the time to complete the 30 overhead and/or front squats

This workout is scored in two parts.

Set a running clock for 8 minutes.

PART A - At the call of "3, 2, 1...go!" athletes must perform 30 overhead squats (or front squats for scaled). **On completion of these reps, the time should be recorded and the athlete can move immediately on to Part B.**

PART B – For the remainder of the time left on the clock, the athlete needs to find their 1 RM snatch. The score is the heaviest lift completed before the 8 min total time cap. For safety purposes, collars must be used.

MOVEMENT STANDARDS:

OVERHEAD SQUAT

The barbell must be kept overhead with the arms locked. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control and over the heels. A full squat snatch will count as a repetition as long as all the above requirements are met.

SNATCH

The barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch.

FRONT SQUAT

The barbell begins on the ground and athlete must clean the barbell up to the front rack position to start the movement. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.