



## 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 FOX CUB: 7 - 9 YEARS**

**SET A RUNNING CLOCK FOR 8 MINUTES**

A. 30 Burpees

Immediately into

B. 10 x 10m Bear Crawl

Tie Breaker is the time to complete the 30 Burpees

This workout is scored in two parts.

NOTES Prior to starting this workout, a distance of 10 metres will need to be measured and taped out on the floor for the Bear Crawl portion of the workout.

**Set a running clock for 8 minutes.**

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

PART B – The athlete will move to the start of the 10m line and bear crawl to the end, turn around and bear crawl back to the start. The score is total time taken to complete the burpees and the 10 laps.

### **MOVEMENT STANDARDS:**

#### **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.

#### **BEAR CRAWL**

The movement starts with hands and feet on the ground behind the taped line. Crawl forward moving opposite hands and feet in unison (right hand and left foot, left hand and right foot). Both hands and feet must clear the taped lines before spinning around. Only forward travelling bear crawl is permitted.