



## CUB GAMES WEEK 3

17:00 PM AEST, THURSDAY FEB. 20 THROUGH TO WEDNESDAY, FEB. 26 @ 10:00 AM AEST

WORKOUT CG3.3 RXD BEAR CUB: 10 -12 YEARS

### **FOR TIME (10 MIN TIME CAP)**

15-12-9 reps of:

Dumbbell Step Ups @ 20"	(RX 1 x 6kg/1 x 4kg) (Scaled 1 x 5kg/1 x 3kg)
Dumbbell Shoulder to Overhead	(RX 2 x 6kg/2 x 4kg) (Scaled 2 x 5kg/2 x 3kg)
Dumbbell Deadlifts	(RX 2 x 6kg/2 x 4kg) (Scaled 2 x 5kg/2 x 3kg)

At the call of "3, 2, 1...go!" the athlete will commence 15 Dumbbell step ups, 15 dumbbell shoulder to overhead and 15 dumbbell deadlifts. **\* Please note that for the dumbbell step ups the athlete only needs to hold on to ONE dumbbell. They will need TWO dumbbells for the shoulder to overhead and deadlifts.**

On completion of all movements, the athlete will complete 12 reps of each of those movements and then 9 reps of each of those movements.

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

## **MOVEMENT STANDARDS:**

### **DUMBBELL STEP-UP**

The athlete must start with the dumbbells in their hands at the athlete's sides, with both feet in contact with the ground. Dumbbells can be held any way the athlete chooses (on the shoulders, behind the neck, by the side). The athlete will then, leading with one leg, step onto the box. A repetition is complete when both feet are on top of the box, dumbbells in hand, with hips and knees at full extension. Before beginning the next repetition, both feet must come back in contact with the ground.

Each repetition must alternate which foot is leading.

The athlete must also refrain from using their hand or the dumbbell in contact with the box to assist them with their step-up.

### **DUMBBELL SHOULDER TO OVERHEAD**

Dumbbells are cleaned to the shoulder any way. Once at the shoulder the athlete presses both dumbbells overhead. At the top, the arm, hips and knees must be fully locked out with the dumbbells clearly over the middle of the body when viewed from profile. Once the athlete has reached lockout, the rep will count. The dumbbells are brought back down to the shoulders and the movement is repeated for the next rep.

### **DUMBBELL DEADLIFT**

The athlete starts by holding one dumbbell in each hand on the outside of their legs. As in a traditional deadlift, the athlete lifts the dumbbells from the ground until hips and knees reach full extension and head and shoulders are behind the dumbbells. Every time the dumbbells touch the ground and the athlete stands to full extension, counts as one rep. Only one head of both dumbbells needs to touch the ground.