



CUB GAMES WEEK 3

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

WORKOUT CG3.3 RXD FOX CUB: 7 - 9 YEARS

FOR TIME (10 MIN TIME CAP)

15-12-9 reps of:

Box Jumps or Step Ups @ 12" (Unweighted)
Dumbbell Shoulder to Overhead (RX 2 x 3kg)
(Scaled 2 x 2kg)
Dumbbell Deadlifts (RX 2 x 3kg)
(Scaled 2 x 2kg)

At the call of "3, 2, 1...go!" the athlete will commence 15 box jumps or step ups, 15 dumbbell push press and 15 dumbbell 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:

BOX JUMP

The movement starts with the athlete standing in front of the box with both feet on the ground. The athlete must then jump onto the box with a two feet take off and land on the box with two feet. Athletes are allowed to step onto the box. The rep is complete when the athlete stands on top of the box with hips and knees open fully while in control on top of the box. The athlete may jump or step off the box.

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.