



## CUB GAMES WEEK 4

17:00 PM AEST, THURSDAY FEB. 27 THROUGH TO WEDNESDAY, MAR 4 @ 10:00 AM AEST

### WORKOUT CG3.4 RXD BEAR CUB: 10 – 12 YEARS

#### 10 MIN AMRAP

##### RXD

20 Back Squats 15kg/8kg

10 Toes to Bar (can substitute for 30 knee raises)

20 Back Squats

10 Handstand Push Ups to an abmat (can substitute for 20 Hand release knee pushups to an abmat)

20 Back Squats

10 Chest to Bar

\* Tie Break – Time after completion of the 1<sup>st</sup> round

\* every 3 knee raises = 1 rep

\* every 2 hand release push ups = 1 rep

##### SCALED

20 Front Squats 1 x 10kg dumbbell / 1 x 6kg dumbbell

10 Hanging Knee Raises

20 Front Squats

10 Hand Release Knee Push-Ups to an abmat

20 Front Squats

10 Ring Rows

\* Tie Break – Time after completion of the 1<sup>st</sup> round

**Please note: - the barbell is to be taken from the rack to commence back squats and re-racked at the completion of the reps.**

At the call of “3, 2, 1...go!” the athlete will take the barbell from the racks and commence 20 back squats (front squats for scaled). On completion the athlete will move onto toes to bar (or knee raises) and then back to the squats. Once complete the athlete will perform 10 handstand push ups (or hand release push ups) and then perform 20 more squats. To finish the round, the athlete will do 10 chest to bars (or ring rows for scaled). Record the time at the completion of the first round to get the tie break time.

Repeat the rounds until the 10 minute time cap is reached.

Score is total number of reps completed in 10 minutes.

## **MOVEMENT STANDARDS:**

### **BACK SQUAT**

The movement commences with the bar on a rack. The athlete puts the bar on their back from the rack.

At the bottom of the squat, the hip crease must pass below the knees. At the top, hips and knees must be fully extended.

### **FRONT SQUAT**

One dumbbell is held in the front rack position. The athlete squats with this dumbbell. 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 dumbbell held in the front rack position.

### **TOES TO BAR**

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

### **KNEE RAISES**

Athletes must start from full hang to having the knees come up at the same time above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

### **HAND STAND PUSH UP**

Every repetition begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall, the hips open and body in line with the arms. At the bottom, the athletes head makes contact with an abmat. The feet do not need to remain in contact with the wall for the entire movement but must touch at the beginning and end of each rep.

### **HAND RELEASE KNEE PUSH UPS**

The hands are under the shoulder with the knees on the ground. At the bottom, the chest (nipple line or above) must touch the abmat and both hands must be lifted from the ground before the athlete can push back up to the starting position. Using this standard of movement, the athlete must complete the full range of motion: The chest must touch the abmat, the elbows must reach full extension at the top.

### **CHEST TO BAR**

This is a standard chest-to-bar pull-up. Dead hang, 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 top, the chest must clearly come into contact with the bar below the collarbone.

### **RING ROWS**

Start with feet directly beneath the rings. Set the rings up between chest and belly button height. Grab the rings and extend your arms creating a 45 degree angle between yourself and the floor. From this position keeping your midline locked in, pull yourself up so the rings hit your armpits. From here recoil back down extending your arms back down to the starting position.