



CUB GAMES WEEK 4

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

WORKOUT CG3.4 RXD LION CUB: 13 -15 YEARS

15 MIN AMRAP

RXD

30 Back Squats 40/30

20 Toes to Bar

30 Back Squats

20 Handstand Push Ups (can use 15kg plates for hands and an abmat if preferred)

30 Back Squats

3/2 Bar Muscle Ups

* Tie Break – Time after completion of the 1st round

SCALED

30 Back Squats 30/20

20 Hanging Knee Raises

30 Back Squats

20 Hand Release Push-Ups to an abmat

30 Back Squats

30 Ring Rows

* Tie Break – Time after completion of the 1st 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 30 back squats. On completion the athlete will move onto toes to bar (knee raises for scaled) and then back to the back squats from the rack. Once complete the athlete will perform 20 handstand push ups (hand release push ups for scaled) and then perform 30 more back squats. Boys will then perform 3 bar muscle ups and girls will perform 2 muscle ups. Record the time at the completion of the first round to get the tie break time.

Continue in this fashion until the 15 minute time cap is reached.

Score is total number of reps completed in 15 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.

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 the ground. 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. Athletes may use 15kg plates for their hands with an abmat for their head if desired.

HAND RELEASE PUSH UPS

The athlete's chest must make contact with an 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. The athlete's body must be in a plank throughout the movement.

BAR MUSCLE UP

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

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.