



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 BEAR CUB: 10 - 12 YEARS

SET A RUNNING CLOCK FOR 8 MINUTES

- A. 20 Hang Power Snatch
(Rx 8kg)
(Scaled 6kg/4kg dumbbell)

* Record time taken to complete the 20 reps

Immediately into

- B. 20 Cal on the Rower in the remaining time

This workout is scored in two parts.

Set a running clock for 8 minutes.

PART A - At the call of "3, 2, 1...go!" athletes must perform 20 hang power snatch. **On completion of these reps, the time should be recorded and the athlete can move immediately on to Part B.**

PART B – Row 20 calories on a Concept 2 or equivalent rower. Score is total time taken to complete both the snatch and row. Should the athlete not finish the row, record total number of cal completed.

MOVEMENT STANDARDS:

HANG POWER SNATCH

This movement begins with the athlete deadlifting the barbell and stopping at this position prior to snatching. The athlete may not lower the bar past the knees after deadlifting the weight. The barbell must be received in the overhead position with the hip crease above parallel. Only the feet may touch the ground during the lift. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

DUMBBELL HANG SNATCH

The dumbbell snatch starts with the dumbbell in the hang position just above the knees and finishes with the dumbbell directly overhead. The dumbbell must be lifted overhead in one motion. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.