



CUB GAMES WEEK 1

17:00 PM AEST, THURSDAY FEB. 6 THROUGH TO WEDNESDAY, FEB. 12 @ 10:00 AM AEST

WORKOUT CG3.1 **RXD AND SCALED FOX CUB: 7 -9 YEARS**

FOR TIME (8 MINUTE TIME CAP)

RXD

50 skips

40 medball squats (4kg)

30 jumping pull ups

20 skips

* Tie Break – Time after completion of the squats

SCALED

50 skips

40 air squats

30 plank plate taps (alt hands)

20 skips

* Tie Break – Time after completion of the squats

At the call of “3, 2, 1...go!” the athlete will commence the single skips. Once all reps are complete, they will move on to the medball squats. **A tie break time should be recorded at the completion of the squats.** The athlete then moves on to jumping pull ups (plank plate taps for scaled) and finishes off with 20 single skips recording the time on the clock on completion. Should the athlete not complete the work within the 8 minute time cap, record the total number of reps completed.

