



CUB GAMES WEEK 1

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

WORKOUT CG3.1 RXD BEAR CUB: 10 -12 YEARS

3 ROUNDS FOR TIME (12 MINUTE TIME CAP)

RXD

30 Double Unders (can substitute for 90 single skips)

20 Medball squats (6kg) 10 Pull Ups

* Tie Break – Time after completion of the first round

* 3 single skips = 1 rep

SCALED

40 skips

15 Medball squats (4kg)

15 Jumping Pull Ups

* Tie Break – Time after completion of the first round

At the call of “3, 2, 1...go!” the athlete will commence the double unders (single skips for scaled). Once all reps are complete, they will begin the medball squats and then pull ups(jumping pull ups for scaled). **A tie break time should be recorded at the end of the first round.** This will be repeated 2 more times for a total of 3 rounds at which time the total time taken should be recorded. Should the athlete not complete all three rounds within the 12 minute time cap, record the total number of reps completed.

MOVEMENT STANDARDS:

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE SKIPS

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

PULL-UPS

This is a standard chin-over-bar pull up. Dead hand, 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 bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.

JUMPING PULL UP

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar.

MEDBALL SQUAT

This is the same movement standards as applies to the air squat except the athlete will be holding a medicine ball which must start on the ground and be held in front of the athletes body.