



## CUB GAMES WEEK 4

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

### WORKOUT CG3.4 RXD FOX CUB: 7 – 9 YEARS

#### FOX CUB

##### 10 MIN AMRAP

##### RXD

- 20 Dumbbell Squats (1 x 4kg dumbbell)
- 5 Toes to Bar (can substitute for 15 knee raises)
- 15 Dumbbell Squats
- 5 Push Ups (chest to abmat)
- 10 Dumbbell Squats
- 5 Pull Ups ( can substitute for 15 jumping pull ups)

- \* Tie Break – Time after completion of the 1<sup>st</sup> round
- \* every 3 knee raises = 1 rep
- \* every 3 jumping pull ups = 1 rep

##### SCALED

- 20 Medball ground to over shoulder (6kg/4kg)
- 5 Hanging Knee Raises
- 15 Medball ground to over shoulder
- 5 Knee Push-Ups (Chest to Abmat)
- 10 Medball ground to over shoulder
- 5 Jumping Pull Ups

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

At the call of “3, 2, 1...go!” the athlete will perform 20 dumbbell squats with one dumbbell (or 20 medball ground to over the shoulder if scaled). They will then move to 5 toes to bar (knee raises if scaled). Should an RX athlete not be able to perform 5 toes to bar they can choose to perform 15 knee raises. Every 3 knee raises equals one rep. The athlete will then perform 15 squats/medball ground to over shoulder and then move on to 5 push ups (knee push ups for scaled). Should an RX athlete not be able to perform 5 pull ups they can choose to perform 15 jumping pull ups. Every 3 jumping pull ups equals one rep. The final set of 10 squats/medballs are then performed followed by 5 pull ups (jumping pullups for scaled) to finish off the round. 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:**

### **DUMBBELL 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.

### **MEDBALL GROUND TO SHOULDER**

Starting with the ball on the ground lift the ball to the shoulder while fully extending the hips. Once hips are fully extended, the ball goes over the shoulder. The ball can be lifted to the thighs and then onto and over the shoulder if required.

### **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.

### **PUSH UPS**

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the abmat.

For 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. There is no snaking or sagging allowed.

### **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.