



CUB GAMES WEEK 5

17:00 PM AEST, THURSDAY MARCH 5 THROUGH TO WEDNESDAY, MARCH 11 @ 10:00 AM AEST

WORKOUT CG3.5 ALL DIVISIONS

DEATH BY: E2MO2M (EVERY SECOND MINUTE)

6 – 8 – 10 – 12 -14 etc reps of

Burpee Box Jump Overs (may step)

Hang Power Cleans

Thrusters

Tie Breaker is the total time on the clock at the conclusion of the athlete's previous complete round

Lion Cubs - 24"/20" box for both divisions
RX 30kg/20kg
Scaled 20kg/15kg

Bear Cubs – 20" box for all
RX 8kg barbell
Scaled 2 x 3kg dumbbells

Fox Cubs - 20" box for all
RX 2 x 3kg dumbbells
Scaled 2 x 2kg dumbbells

At the call of "3, 2, 1...go!" the athlete will commence 6 burpee box jump overs. On completion of the 6 reps, the athlete will then perform 6 hang power cleans and then 6 thrusters at the specified weights above. These reps have to be completed in a 2 minute window. **Record the time of completion of the 18 reps and rest for the remainder of the 2 minutes.** For example, should all movements be completed in 1 minute 30, write that time down and the athlete rests for 30 seconds. The next round will commence at the 2 minute mark. For each round, add 2 more reps to each movement - so 8 burpee box jumps, 8 hang power cleans and 8 thrusters. Again, if this work is completed within the 2 minute time cap, record your finish time and rest for the remainder of that 2 minutes. Keep adding 2 more reps each round until the work cannot be completed within the 2 minutes time cap.

| Time | Burpee | Clean | Thruster |
|-------------|--------|-------|----------|
| 0-2 minutes | 6 | 6 | 6 |
| 2-4 minutes | 8 | 8 | 8 |
| 4-6 minutes | 10 | 10 | 10 |
| 6-8 minutes | 12 | 12 | 12 |

The workout ends when the work cannot be completed within the 2 minute time window.

Score is total number of reps completed.

MOVEMENT STANDARDS:

BURPEE BOX JUMP OVER

The burpee box jump begins with an athlete using a box set to the required height. Each repetition begins with the athlete facing the box. The athlete shall then perform a burpee, facing the box. This requires the athlete's chest and thighs to come in contact with the floor. The athlete must then step or jump themselves to a standing position with both feet in contact with the floor. From here, the athlete must jump or step with a two-foot takeoff either on top of the box or directly over the box. If landing on top of the box, the athlete may step or jump down on the opposite side. However, both feet must pass directly over the box. Also, no hip extension is required on top of the box or at any point. Once both of the athlete's feet come in contact with the ground on the opposite side of the box in which the repetition started, that rep shall be counted.

The athlete must always start each repetition facing the box. Lateral burpees to the box will not be accepted.

Step-ups and overs of any variety will be accepted.

HANG POWER CLEAN

The barbell starts on the ground and is deadlifted up with athlete standing to full extension. The barbell is then cleaned from a 'hang position' which is anywhere from above the knee. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

THRUSTER

The barbell starts on the ground, and the athlete must elevate it into the rack position. There is no requirement to stand up fully before beginning the thruster, nor is standing up prohibited. The thruster begins when the athlete squats below parallel with the barbell racked on the shoulders (or at least below the chin). Then, in a single movement the athlete drives the barbell up out of the squat and overhead. The finishing position has the knees, hips and arms fully extended with the barbell stable over the heels. Once the athlete hits the bottom of the squat, there can be no re-bend of the knees and/or hips, and the feet must remain stationary. The bar can stop near the top and be pressed out if necessary, but any descent of the barbell (after upward movement in the thruster has begun) constitutes a no lift. Any stepping, splitting, repositioning of the feet, re-bending the hips or knees or jerking all constitute a no-lift. Going up on the toes is permitted as long as the feet remain stationary.