



CUB GAMES WEEK 1

17:00 PM AEST, THURSDAY FEB. 18 THROUGH TO WEDNESDAY, FEB. 24 @ 10:00 AM AEST

WORKOUT CG4.1 ALL DIVISIONS

FOR TIME

12-9-6-3 Reps of

Devils Press

10 Box Jumps between each round

- Lion Cubs - RX 10kg x 2/8kg x 2
 Scaled 10kg x 1/8kg x 1
 24"/20" box for both divisions (scaled may step up)
- Bear Cubs – RX 5kg x 2 (boys & girls)
 Scaled 5kg x 1 (boys & girls)
 20" box for both divisions (scaled may step up)
- Fox Cubs - RX 3kg x 2 (boys & girls)
 Scaled 3kg x 1 (boys & girls)
 20" box for both divisions (may step up)

At the call of "3, 2, 1...go!" the athlete will commence 12 devils press. Rx athletes perform these with one dumbbell per hand and scaled athletes perform with one dumbbell alternating hands each rep. On completion of 12 the athlete will perform 10 box jumps. The athlete will then go on to perform 9 devils press and on completion 10 box jumps, then 6 devils press and 10 box jumps finishing with 3 devils press and 10 box jumps.

Score is time taken to complete the workout.

MOVEMENT STANDARDS:

DUMBBELL DEVILS PRESS

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbells, they are to perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

Scaled movement is the same however they will only have one dumbbell and need to alternate arms each rep.

BOX JUMP

The movement starts with the athlete standing in front of the box with both feet on the ground. The athlete must then jump onto the box with a two foot take off and land on the box with two feet. Beginners are allowed to step onto the box. The rep is complete when the athlete stands on top of the box with hips and knees open fully while in control on top of the box. The athlete may jump or step off the box.