



## CUB GAMES WEEK 2

17:00 PM AEST, THURSDAY FEB. 25 THROUGH TO WEDNESDAY, MARCH 3 @ 10:00 AM AEST

WORKOUT CG4.2 RXD AND SCALED BEAR CUB: 10 - 12 YEARS

**FOR TIME (16 MIN TIME CAP)**

BUY IN 250m ROW

Then

**10 Rounds for Time:**

**5 Pull Ups (scaled Jumping Pull Ups)**

**6 Deadlifts** (18kg for both divisions boys and girls – eg 8kg bar with 5kg plates if possible)

**7 Shoulder to Overhead** (Rx 15kg bar boys & girls) (Scaled 8kg bar boys & girls)

**Lb Conversion:** 18kg = 40lbs 15kg = 35lbs 8kg = 18lbs

Athletes begin on the rower with hands behind back. At the call of “3, 2, 1...go!” athletes can then grab the handle to complete a 250m row. **RECORD THE TIME TAKEN TO COMPLETE THE ROW AS THIS WILL BE USED AS A TIEBREAKER IN THE EVENT OF A TIE FOR BOTH THIS EVENT AND OVERALL.**

On completion the athlete will start on 10 rounds of 5 pull ups (jumping pull ups for scaled), 6 deadlifts and 7 shoulder to overhead.

Should the athlete not have a bar with bumper plates for the deadlifts, then each rep is to start and return to mid shin.

Score is time taken to complete row and 10 rounds. If the workout is not finished within the 16 minutes time cap the score is total reps. Please note the row does not count for reps. That is just a buy in. Total reps are for the rounds only (18 reps per round or a possible total of 180).

## **MOVEMENT STANDARDS:**

### **CHEST TO BAR PULL UPS**

#### **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.

#### **DEADLIFT**

The bar starts on the ground. The athlete lifts the bar from the ground until hips and knees reach full extension and head and shoulders are behind the bar. Every time the bar touches the ground and the athlete stands to full extension, counts as one rep.

Should the athlete not have a bar with bumper plates for the deadlifts, then each rep is to start and return to mid shin.

#### **SHOULDER TO OVERHEAD**

Barbell is cleaned to the shoulder any way. Once at the shoulder the athlete presses the bar overhead. At the top, the arm, hips and knees must be fully locked out with the bar clearly over the middle of the body when viewed from profile. Once the athlete has reached lockout, the rep will count. The bar is brought back down to the shoulders and the movement is repeated for the next rep.