



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 FOX CUB: 7 - 9 YEARS

FOR TIME (16 MIN TIME CAP)

BUY IN 200M ROW

Then

10 Rounds for Time:

5 Ring Rows

6 Kettlebell Deadlifts

(Rx 12kg boys & girls)

(Scaled 8kg boys & girls)

7 Shoulder to Overhead

(Rx 3kg x 2 boys & girls)

(Scaled 2kg x 2 boys & girls)

Lb Conversions: 12kg = 26lbs

8kg = 18lbs

3kg = 6lbs

2kg = 5lbs

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 200m 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 ring rows, 6 deadlifts and 7 shoulder to overhead.

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:

RING ROWS

Start with feet directly beneath the rings. Set the rings up between chest and belly button height. Grab the rings and extend your arms creating a 45 degree angle between yourself and the floor. From this position keeping your midline locked in, pull yourself up so the rings hit your armpits. From here recoil back down extending your arms back down to the starting position.

KETTLEBELL DEADLIFT

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

DUMBBELLS SHOULDER TO OVERHEAD

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