



CUB GAMES WEEK 3

17:00 PM AEST, THURSDAY MARCH 4 THROUGH TO WEDNESDAY, MARCH 10 @ 10:00 AM AEST

WORKOUT CG4.3 RXD FOX CUB: 7 - 9 YEARS

SET A RUNNING CLOCK FOR 8 MINUTES

From 0:00-2:00

Part A. 2 Mins max effort goblet squats (Rx 4kg dumbbell) (Scaled 3kg dumbbell)

Rest 1 minute

From 3:00 -> 8:00 (5 min time cap)

Part B.

21-15-9

Thrusters (Rx 2 x 3kg dumbbells for boys & girls) (Scaled 2 x 2kg dumbbells for boys & girls)
Abmat Hand Release Push Ups on knees

* 4kg = 8lb

3kg = 6lb

2kg = 5lb

This workout is scored in two parts.

Set a running clock for 8 minutes.

PART A – The dumbbell is to start on the ground. At the call of “3, 2, 1...go!” athletes can pick up the dumbbell and will have 2 minutes to perform as many goblet squats as possible. The score is the total number of reps completed within that 2 minute time cap.

On completion of the 2 minutes, the athlete is to rest for 1 minute.

Part B is not to be started until the 3 minute mark on the clock (i.e 2 minutes plus 1 minute rest).

PART B – Once the clock hits 3 minutes, the athlete can then commence 21 thrusters, 21 abmat hand release push ups, then 15 reps of both movements and finishing with 9 reps of both movements. Record the time that appears on the clock on completion (this will include the 3 minutes prior to commencement of the workout). There is an 5 minute time cap on this workout so if the reps are not completed by the time the clock hits 8 mins, record total reps completed on your scoresheet.

