



CUB GAMES WEEK 3

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

WORKOUT CG4.3 RXD LION CUB: 13 -15 YEARS

SET A RUNNING CLOCK FOR 14 MINUTES

From 0:00-5:00

Part A. 5 Mins to Find a heavy front squat

Rest 1 minute

From 6:00 -> 14:00 (8 min time cap)

Part B.

21-15-9

Thrusters	(Rx 25kg/20kg)	(Scaled 20kg/15kg)
Handstand Push Ups	(Rx – 1 abmat)	(Scaled Hand release push ups on toes)

* 25kg = 55lb 20kg = 45lb 15kg = 35lb

This workout is scored in two parts.

Set a running clock for 14 minutes.

PART A - At the call of “3, 2, 1...go!” athletes have 5 minutes to find a heavy 1RM front squat. The bar may start loaded and weights can be added or taken off as required. The bar is to be taken from a rack and for safety purposes, collars must be used. The score is the heaviest lift completed before the 5 min time cap.

On completion of the 5 minutes, the athlete is to rest for 1 minute. Should the athlete find their squat prior to the 5 minute cap, they will get a longer rest.

Part B is not to be started until the 6 minute mark on the clock (i.e 5 minutes plus 1 minute rest).

PART B – Once the clock hits 6 minutes, the athlete can then commence 21 thrusters, 21 handstand push ups (Hand release push ups on toes for scaled), 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 6 minutes prior to commencement of the workout). There is an 8 minute time cap on this workout so if the reps are not completed by the time the clock hits 14 mins, record total reps completed on your scoresheet.

MOVEMENT STANDARDS:

FRONT SQUAT

The barbell begins in the rack and athlete lifts the bar into the front rack position to start the movement. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.

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.

HAND STAND PUSH UP

Every repetition begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall, the hips open and body in line with the arms. At the bottom, the athlete's head makes contact with one abmat. The feet do not need to remain in contact with the wall for the entire movement but must touch at the beginning and end of each rep.

HAND RELEASE PUSH UPS

The movement starts with the athlete in a plank position on their toes. The athlete's chest must make contact with the floor and both hands must be lifted from the ground before the athlete can push back up to the starting position. Using this standard of movement, the athlete must complete the full range of motion: The chest must touch the floor, the elbows must reach full extension at the top. The athlete's body must be in a plank throughout the movement on their toes. There is to be no snaking of the body during movement. Thighs should be off the floor and body is to remain in a tight plank position to ensure quality of movement.