



## CUB GAMES WEEK 4

17:00 PM AEST, THURSDAY MARCH 11 THROUGH TO WEDNESDAY, MARCH 17 @ 10:00 AM AEST

WORKOUT CG4.4 RXD FOX CUB: 7 – 9 YEARS

FOX CUB

**SET A RUNNING CLOCK FOR 13 MINUTES**

**From 0:00-8:00**

**Part A.**

8 Min AMRAP

10 Russian Kettlebell and/or dumbbell Swings (Rx 6kg) (Scaled 4kg)

20 Sit Ups

20 single skips

15m farmers carry (2 x 4kg kettlebells or dumbbells for all divisions)

\* 6kg = 14lb 4kg = 8lb

**Rest 2 minutes**

**From 10:00 -> 13:00 (3 mins)**

**Part B.**

3 Minute max seconds bar hang

This workout is scored in two parts.

**NOTES** Prior to starting this workout, a distance of 5 metres will need to be measured out and marked on the floor for the farmers carry portion of the workout.

**Set a running clock for 13 minutes.**

**PART A** - At the call of "3, 2, 1...go!" athletes have 8 minutes to perform as many rounds and reps as possible of 10 kettlebell and/or dumbbell swings, 20 sit ups, 20 single skips and 15m farmers carry. For the farmers carry the athlete will pick up a kettlebell or dumbbell in each hand at the specified weight and walk the 15m distance (3 x 5m). Once **both** feet clear the 5m mark, they will turn around and walk back to the beginning, clear the mark with **both feet again** and walk the final 5m distance. The kettlebells may be put down at any time should the athlete need to rest. Completion of the 15m walk constitutes 3 reps. Should the workout finish whilst the athlete is in the middle of the farmers carry, they will earn 1 rep for every 5 metres completed. The score is the total number of reps completed within that 8 minute time cap.

On completion of the 8 minutes, the athlete is to rest for 2 minutes.

**Part B is not to be started until the 10 minute mark on the clock (i.e 8 minutes plus 2 minute rest).**

**PART B** – Once the clock hits 10 minutes, the athlete has to jump up to a bar and hold a dead hang with feet off the ground for as long as possible. The judge is to record the seconds the hang is held. The athlete can drop down and jump back up to hang as many times as required during the three minutes. The judge should record the time the hang is held for each attempt and total the seconds at the end of the 3 minutes which will be the total score.

## **MOVEMENT STANDARDS:**

### **RUSSIAN KETTLEBELL AND/OR DUMBBELL SWING**

The movement starts with both hands on the handle of the kettlebell. If using a dumbbell grab underneath one of the bells. The bell is swung back between the legs, passing behind the plane of the patella. The kettlebell/dumbbell is swung to chest level with straight arms. The rep is completed when the kettlebell/dumbbell is at or greater than parallel with the floor with full lockout of the elbows, hips and knees

### **SIT UPS**

Ab-mat is permitted. Athlete begins on the floor, sitting up with the soles of the feet together. Descending back into the sit-up the athletes hands must touch the floor behind the head. Sitting up athlete must then touch the ground with both hands in front of the toes. Athlete is not permitted to use hands on legs to assist with the sit up. Sit up is complete as a rep when the ground have been touched in front of the toes.

### **SINGLE SKIPS**

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

### **FARMERS CARRY**

The athlete must deadlift one kettlebell/dumbbell per arm up to a standing position with straight arms and walk the required distance.

### **BAR HANG**

The athlete is to grip a stable bar with any grip (overhand, underhand, mixed grip) and keeping arms straight hang from the bar with feet off the ground. Athlete may step off a bench to reach the bar, jump up to the bar, or may be assisted. The time only starts for this movement when the athletes feet are off the ground and no one is touching them.