



CUB GAMES WEEK 4

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

WORKOUT CG4.4 RXD LION CUB: 13 -15 YEARS

SET A RUNNING CLOCK FOR 13 MINUTES

From 0:00-8:00

Part A.

8 Min AMRAP

10 American Kettlebell Swings (Rx 16kg/12kg) (Scaled 12kg/8kg)

10 Toes to Bar (Scaled 5 Toes to Bar or 20 Knee Raises)

10 Double unders (Scaled 2 x single skips)

15m farmers carry (Rx 2 x 16kg/2 x 12kg) (Scaled 2 x 12kg/2 x 8kg)

* 16kg = 35lb 12kg = 26lb 8kg = 18lb

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 swings, 10 toes to bar (5 for scaled or 20 knee raises), 10 double unders (2 x single skips for scaled) and 15m farmers carry. For the farmers carry the athlete will pick up a kettlebell 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:

AMERICAN KETTLEBELL SWING

The movement starts with both hands on the handle of the kettlebell. The bell is swung back between the legs, passing behind the plane of the patella. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centered over the feet with the hips and knees fully extended and the arms straight.

TOES TO BAR

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

KNEE RAISES

Athletes must start from full hang to having the knees come up at the same time above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

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 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.