

THE VIRTUAL CASCADE CUP



The Cascade Cup is a high intensity workout with a pace dictated by the individual athlete. The athlete is responsible for complying with the needs and limitations of their bodies.

Movement Standards:

Burpees: Lift slam ball overhead to full extension of arms, throw ball to the floor in front of wheelchair, catch on the rebound if able to. Continue moving the ball from ground to an elevated position.

Box U Turns: Axle of wheel must pass the front of the taped line/box. Pull back, perform a 180-degree spin, push forward so front axle passes other taped line/box. Must return to the starting position to equal one rep.

Russian KB Raises: Clean KB to lap and press up from your lap up overhead. Variation #2 is single arm swing to eye height using opposite hand for stability. Most advanced double KB swing

Wall Ball: Holding a medicine ball below the chin while facing a wall at arm's length, drive the ball to a press throwing the ball in order to contact the wall at mark.

Sprint: Front caster wheel must pass the front of the taped starting line, cross the measured mark then return to the starting tape.

Dumbbell Deadlift: While maintaining midline stabilization and flat back, lean forward touching DB head to floor/box. Engage core then rear deltoids maintaining active shoulder to use that momentum to return to a full and upright seated position.

Odd Object Pick Up & Load To Platform: Wheel to odd object and place on top of platform, perform same movement 4 times until all odd object are loaded onto their specific platform.

Agility Sprint: In a zig, zag formation wheel between objects until reaching the end then return in the same formation until you cross the finish line. Cannot touch the objects athletes are wheeling between. There is a 2 second penalty for each item touched.

Double Under: Hold hands slightly in front of hips with a tight full grip on the handle. Keep torso upright and your body straight. Spin wrists at a controlled speed.

Possible Equipment Needed:

Chairs

Tape

Backpack – fill with items to increase weight i.e. books, canned goods, water bottles, etc. and use the handle of bag to lift and hold

Gallon jug filled with water

Bags of rice and/or beans

Canned items

Sandbag

Basketball/weighted ball

Light Dumbbells

Split Ropes