



CG6.1

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	BEAR CUB	FOX CUB
12 MIN AMRAP	12 MIN AMRAP	12 MIN AMRAP
6 x 10m Shuttle Runs 2-4-6-8-10-12-14 etc. Devils Press (RX 2 x 12.5kg/10kg) (scaled 1 x 12.5kg/10kg)	6 x 10m Shuttle Runs 2-4-6-8-10-12-14 etc. One Arm Alternating Devils Press (RX 1 x 8kg) (scaled 1 x 5kg)	6 x 10m Shuttle Runs 2-4-6-8-10-12-14 etc. Line facing burpees
*each 10m shuttle counts as 1 rep (6 runs=6 reps)	*each 10m shuttle counts as 1 rep (6 runs=6 reps)	*each 10m shuttle counts as 1 rep (6 runs=6 reps)
12.5kg = 27.5lbs	10kg = 25lbs	8kg = 18lbs
		5kg = 10lbs

	Rd of 2	Rd of 4	Rd of 6	Rd of 8	Rd of 10	Rd of 12	Rd of 14	Rd of 16	Rd of 18	Rd of 20	Rd of 22
Shuttle run											
Devils press/burpees											
Total Reps	8	18	30	44	60	78	98	120	144	170	198

TOTAL COMPLETED REPS _____