



CG6.2

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

LION CUB	BEAR CUB	FOX CUB
FOR TIME (15 MIN TIME CAP)	FOR TIME (15 MIN TIME CAP)	FOR TIME (15 MIN TIME CAP)
8 ROUNDS 8 Front Rack Barbell Lunge (RX 25kg/20kg Scaled 20kg/15kg) 8/6 Chest to Bar (scaled – Jumping Pull Ups) 8 Ground to overhead (anyhow) (RX 25kg/20kg Scaled 20kg/15kg)	RX 8 ROUNDS 8 Front Rack Barbell Lunge (8KG) 8/6 Pull Ups 8 Ground to overhead (anyhow) (8kg) SCALED 8 ROUNDS 16 Bodyweight Alternating Lunges (2 lunges = 1 rep) 8 Jumping Pull Ups 8 Burpees to a 15kg plate (approx. 2 inches)	8 ROUNDS 16 Bodyweight Alternating Lunges (2 lunges = 1 rep) 8 Jumping Pull Ups 8 kettlebell deadlifts (RX 1 x 12kg Scaled 1 x 8kg)
25kg = 55lbs 20kg = 45lbs 15kg = 35lbs 12kg = 25lbs 10kg = 22lbs 8kg = 18lbs		

BOYS RX / SCALED

	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8
Lunge								
Chest to bar/PU								
G2OH/Deadlifts								
Total Reps	24	48	72	96	120	144	168	192

GIRLS RX

	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8
Lunge								
Chest to bar/PU								
G2OH/Deadlifts								
Total Reps	22	44	66	88	110	132	154	176

TOTAL TIME TAKEN _____

(If time capped, add 1 second for every rep not completed. i.e. if you had failed to completed 5 reps your score would be 15:05)