



CG6.3

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	LION CUB
SET A RUNNING CLOCK FOR 17 MINS PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)	SET A RUNNING CLOCK FOR 17 MINS PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)
RX	SCALED
15/10 cal row 10 Power Cleans (40kg/30kg) 20 Box Jump Overs (30"/24") 30 wall balls (6kg to 10ft/6kg to 9ft) 40 double unders 30 wall balls (6kg to 10ft/6kg to 9ft) 20 Box Jump overs (30"/24") 10 power cleans (40kg/30kg)	15/10 cal row 10 Power Cleans (30kg/25kg) 20 Box Jump Overs (24"/20") 30 wall balls (4kg to 10ft/4kg to 9ft) 40 double unders (or 80 single skips) 30 wall balls (4kg to 10ft/4kg to 9ft) 20 Box Jump overs (24"/20") 10 power cleans (30kg/25kg)
PART B – 12:00-17:00 MINS	PART B – 12:00-17:00 MINS
5 MINS TO FIND 3RM CLEAN (POWER OR FULL)	5 MINS TO FIND 3RM CLEAN (POWER OR FULL)
40kg = 85lbs 30kg = 65lbs 25kg = 55lbs 6kg = 15lbs 4kg = 8lbs	

BOYS

15	10	20	30	40	30	20	10
Cal row	Power Cleans	Box Jump Overs	Wall Balls	Double Unders (80 single for scaled)	Wall Balls	Box Jump Overs	Power Cleans
15	25	45	75	115	145	165	175

GIRLS

10	10	20	30	40	30	20	10
Cal row	Power Cleans	Box Jump Overs	Wall Balls	Double Unders (80 single for scaled)	Wall Balls	Box Jump Overs	Power Cleans
10	20	40	70	110	140	160	170

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 12:05)

PART B – AT THE 12 MINUTE MARK, 5 MINUTES TO FIND 3RM CLEAN (POWER OR FULL)
 (score is athlete's heaviest lift)

ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5

HEAVIEST LIFT _____



CG6.3

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

BEAR CUB	BEAR CUB
SET A RUNNING CLOCK FOR 15 MINS PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)	SET A RUNNING CLOCK FOR 15 MINS PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)
RX	SCALED
10 Power Cleans (20kg/15kg) 20 Box Jump Overs (20") 10 cal row 40 double unders (or 80 single skips) 10 cal row 20 Box Jump overs 10 power cleans	10 Power Cleans (8kg) 20 Box Jump Overs (20" – can step) 10 cal row 40 double unders (or 80 single skips) 10 cal row 20 Box Jump overs 10 power cleans
PART B – 12:00-15:00 MINS	PART B – 12:00-15:00 MINS
3 MINS max calories on the rower	3 MINS max calories on the rower
20kg = 45lbs 15kg = 35lbs 8kg = 18lbs	

10	20	10	40	10	20	10
Power Cleans	Box Jump Overs	Cal Row	Double Unders (80 single for scaled)	Cal Row	Box Jump Overs	Power Cleans
10	30	40	80	90	110	120

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 12:05)

PART B – AT THE 12 MINUTE MARK, 3 MINUTES MAX CALORIES ON A C2 ROWER OR EQUIVALENT

TOTAL CALORIES _____



CG6.3

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

FOX CUB

SET A RUNNING CLOCK FOR 15 MINS

PART A 0:00-12:00 FOR TIME (12 MIN TIME CAP)

RX/SCALED

- 8 cal row
- 20 Plate Jump or step ups (16")
- 30m bear crawl
- 40 Toe Taps onto 15kg plate (approx. 2 inches)
- 30m bear crawl
- 20 Plate Jump or step ups (16")
- 8 cal row

Each 10m crawl = 1 rep

PART B – 12:00-15:00 MINS

3 MINS max calories on the rower

8	20	30	40	30	20	8
Cal row	Plate Jump/step ups	Bear Crawl	Toe Taps	Bear Crawl	Plate Jump/step ups	Cal row
8	28	31	71	74	94	102

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 12:05)

PART B – AT THE 12 MINUTE MARK, 3 MINUTES MAX CALORIES ON A C2 ROWER OR EQUIVALENT

TOTAL CALORIES _____