



CG6.4

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	BEAR CUB	FOX CUB
FOR TIME (8 MIN TIME CAP)	FOR TIME (8 MIN TIME CAP)	FOR TIME (8 MIN TIME CAP)
3 ROUNDS	3 ROUNDS	3 ROUNDS
12 Toes to Bar (scaled 2 x knee raises) 21 Dumbbell Snatch 12 Dumbbell Thrusters	12 Toes to Bar (scaled 2 x knee raises) 21 Dumbbell Snatch 12 goblet thruster with dumbbell	21 Knee Raises 21 Side to side jumps 12 goblet thrusters with dumbbell
Part B - In remaining time max reps bar muscle ups (knee raises for scaled)	Part B - In remaining time max reps toes to bar (knee raises for scaled)	Part B - In remaining time max reps of your choice of toes to bar or knee raises (1 TTB rep will count as 2 reps)
Snatch - (Rx 1 x 12.5kg/1 x 10kg) (Scaled 1 x 10kg/1 x 8kg) Thrusters - (Rx 1 x 12.5kg/1 x 10kg) (Scaled 1 x 10kg/1 x 8kg)	(RX 1 x 8kg / Scaled 1 x 6kg)	(RX 1 x 3kg / Scaled 1 x 2kg)

Score is in 2 parts – total time for Part A and total reps of part B

12.5kg = 26lbs 10kg = 22lbs 8kg = 18lbs 6kg = 12lbs 3kg = 6lbs 2kg = 5lbs

LION	Round 1	Round 2	Round 3
12 Toes to Bar/knee raises			
21 Dumbbell Snatch			
12 Dumbbell Thrusters			
Total Reps	45	90	135

of BMU/knee raises

BEAR	Round 1	Round 2	Round 3
12 Toes to Bar/knee raises			
21 Dumbbell Snatch			
12 goblet Thrusters			
Total Reps	45	90	135

of TTB / knee raises

FOX	Round 1	Round 2	Round 3
21 Knee raises			
21 Side to side jump			
12 goblet Thrusters			
Total Reps	54	108	162

of TTB / knee raises

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 8:05)

