

CG7.1



ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB RX	BEAR CUB RX	FOX CUB RX
FOR TIME (16 MIN TIME CAP)	FOR TIME (16 MIN TIME CAP)	FOR TIME (16 MIN TIME CAP)
3 ROUNDS	3 ROUNDS	3 ROUNDS
20 Dumbbell Thrusters (2 x 10kg/8kg) 20 Double Unders 20 Burpee Box Jumps 24"/20" 20 Pull Ups	20 Dumbbell Single Arm Thrusters (8kg) 20 Double Unders or 40 single skips (2 skips = 1 rep) 20 Burpee Box Jumps 20" 10 Pull Ups	20 Dumbbell Single Arm Thrusters (3kg) 20 single skips 20 Burpee Box Jumps/steps 16" 10 Ring Rows
LION CUB SCALED	BEAR CUB SCALED	FOX CUB SCALED
FOR TIME (16 MIN TIME CAP)	FOR TIME (16 MIN TIME CAP)	FOR TIME (16 MIN TIME CAP)
3 ROUNDS	3 ROUNDS	3 ROUNDS
20 Dumbbell Single Arm Thrusters (10/8) 40 Single skips 20 Burpee Box Jumps/step ups 20" 20 Ring Rows	20 Dumbbell Single Arm Thrusters (6kg) 40 single skips 20 Burpee Box Jumps/step ups 20" 10 Ring Rows	20 Air Squats 20 single skips 20 Burpee Box Jumps/steps 16" 10 Ring Rows
10kg = 22lbs 8kg = 18lbs 6kg = 12lbs 3kg = 6lbs 2kg = 5lbs		

LION RX	Rd 1	Rd 2	Rd 3
20 Thrusters			
20 Double Unders			
20 Burpee Box Jump			
20 Pull ups			
Total Reps	80	160	240

LION SCALED	Rd 1	Rd 2	Rd 3
20 Thrusters			
40 Singles			
20 Burpee Box Jump/step			
20 ring rows			
	100	200	300

BEAR RX	Rd 1	Rd 2	Rd 3
20 Thrusters			
20 Double Unders/40 Singles			
20 Burpee Box Jump			
10 Pull ups			
Total Reps	70	140	210

BEAR SCALED	Rd 1	Rd 2	Rd 3
20 Thrusters			
40 Singles			
20 Burpee Box Jump/step			
10 ring rows			
	90	180	270

FOX RX	Rd 1	Rd 2	Rd 3
20 Thrusters			
20 Singles			
20 Burpee Box Jump/steps			
10 Ring Rows			
Total Reps	70	140	210

FOX SCALED	Rd 1	Rd 2	Rd 3
20 Air Squats			
20 Singles			
20 Burpee Box Jump/steps			
10 Ring Rows			
	70	140	210

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 16:05)