



CG7.2

ATHLETE NAME: _____

JUDGES NAME: _____

RX SCALED

WITH A 12 MINUTE RUNNING CLOCK

<u>LION CUB – RX AND SCALED</u>	<u>BEAR CUB – RX AND SCALED</u>	<u>FOX CUB – RX AND SCALED</u>
<p>Part A 6 mins to establish a complex of: 2 x deadlift + 1 hang clean (squat or power)</p> <p><i>* Bar must not touch the floor after the second deadlift</i> <i>* Hang – anywhere above the knee</i></p> <p>*1 minute transition</p> <p><u>At 7:00 min mark (with 5 min time cap)</u></p> <p>Part B 20/15 cal row (boys/girls) 40 American Kettlebell Swings 16/12kg (Russian for scaled) 20/15 cal row</p>	<p>Part A <u>6 MIN AMRAP</u> 20 x hang power cleans (8Kg) 10 x 10m up and back shuttle runs</p> <p>* Hang – anywhere above the knee</p> <p>*1 minute transition</p> <p><u>At 7:00 min mark (with 5 min time cap)</u></p> <p>Part B 20/15 cal row (boys/girls) 40 Russian Kettlebell Swings 8kg 20/15 cal row</p>	<p>Part A <u>6 MIN AMRAP</u> 15 wall ball over box 10 x 10m up and back shuttle runs 15 sit ups (ab mat allowed)</p> <p><i>* All athletes use a 6kg ball</i> <i>* RX athletes will use a 30" box</i> <i>* Scaled athletes will use a 24" box</i></p> <p>*1 minute transition</p> <p><u>At 7:00 min mark (with 5 min time cap)</u></p> <p>Part B 10 cal row 20 Kettlebell Deadlifts (8kg) 10 cal row</p>
<p>16kg = 35lbs 12kg = 26lbs 8kg = 15lbs 6kg = 14lbs</p>		

LION

PART A

Heaviest Lift _____

PART B

Time to Complete: _____ Or if time capped, time (12 mins) plus 1 minute for every rep not completed: _____



BEAR

PART A

BEAR	Round 1	Round 2	Round 3	Round 4
20 Hang Power Cleans				
10M up & back shuttle (20 reps total)				
Total Reps	40	80	120	160

TOTAL NUMBER OF REPS: _____

PART B

Time to Complete: _____ Or if time capped, time (12 mins) plus 1 minute for every rep not completed: _____

FOX

PART A

FOX	Round 1	Round 2	Round 3	Round 4
15 Wall Ball Over Box				
10M up & back shuttle (20 reps total)				
15 Sit Ups				
Total Reps	50	100	150	200

TOTAL NUMBER OF REPS: _____

PART B

Time to Complete: _____ Or if time capped, time (12 mins) plus 1 minute for every rep not completed: _____