



CG7.3

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	BEAR CUB	FOX CUB
FOR TIME (9 MIN TIME CAP)	FOR TIME (9 MIN TIME CAP)	FOR TIME (9 MIN TIME CAP)
RX 21-15-9 Toes to Bar Hang Power Snatch (25kg/20kg) Wall Balls (9kg/6kg to 9ft)	RX 21-15-9 Toes to Bar Dumbbell Hang Power Snatch (8kg) Goblet Squats (8kg dumbbell)	RX 21-15-9 Knee Raises Dumbbell Hang Power Snatch (3kg) Goblet Squats (3kg)
SCALED 21-15-9 Knee Raises Hang Power Snatch (20kg/15kg) Wall Balls (6kg/4kg to 9ft)	SCALED 21-15-9 Knee Raises Dumbbell Hang Power Snatch (6kg) Goblet Squats (6kg dumbbell)	SCALED 21-15-9 Knee Raises Dumbbell Hang Power Snatch (2kg) Goblet Squats (2kg dumbbell)
25kg = 55lbs 20kg = 45lbs 15kg = 35lbs 9kg = 20lbs 8kg = 18lbs 6kg = 12lbs 4kg = 8lbs 3kg = 6lbs 2kg = 5lbs		

	21 reps	15 reps	9 reps
Toes to Bar/knee raises			
Hang Snatch			
Wall Balls / Goblet Squats			
Total Reps	63	108	135

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 9:05)