

CG7.4



ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	BEAR CUB	FOX CUB
FOR TIME (14 MIN TIME CAP)	FOR TIME (14 MIN TIME CAP)	FOR TIME (14 MIN TIME CAP)
RX 10 - 8 - 6 - 4 - 2 Bar Facing Burpees Power Cleans (30kg/25kg barbell) Front Squats (30kg/25kg barbell) * At the end of every round (including the round of 2) perform 3 (for boys) /2 (for girls) bar muscle Ups – Can sub BMU for 9 Chest to Bars (boys) and 6 Chest to Bar (girls) – <i>For scoring purposes</i> 9 C2B = 3 points 6 C2B = 3 points Please refer to workout description below for more details SCALED 10 - 8 - 6 - 4 - 2 Bar Facing Burpees Power Cleans (30kg/25kg barbell) Front Squats (30kg/25kg barbell) * At the end of every round (including the round of 2) perform 8 jumping pull ups	RX 10 - 8 - 6 - 4 - 2 Bar Facing Burpees Power Cleans (15kg barbell) Front Squats (15kg barbell) * At the end of every round (including the round of 2) perform 6 pull ups SCALED 10 - 8 - 6 - 4 - 2 Bar Facing Burpees Power Cleans (8kg barbell) Front Squats (8kg barbell) * At the end of every round (including the round of 2) perform 6 jumping pull ups	RX & SCALED 10 - 8 - 6 - 4 - 2 Burpees to a plate Sumo deadlift high pulls (4kg) 10m Suitcase carry (4kg) * At the end of every round (including the round of 2) perform 4 jumping pull ups

30kg = 65lbs 25kg = 55lbs 15kg = 35lbs 8kg = 18lbs 4kg = 10lbs

LION BOYS RX	10	8	6	4	2
Burpees					
Power Cleans					
Front Squats					
3 BMU/9 C2B					
	33	60	81	96	105

LION GIRLS RX	10	8	6	4	2
Burpees					
Power Cleans					
Front Squats					
2 BMU/6 C2B					
	32	58	78	92	100

*SHOULD THE ATHLETE SUB C2B, THEY HAVE TO COMPLETE 3 TO GET 1 REP.
 IF THEY ONLY ACHIEVE 2 C2B THAT IS A ZERO SCORE IF THEY GET 4 C2B THAT WILL EQUAL 1 REP ONLY

LIONS SCALED	10	8	6	4	2
Burpees					
Power Cleans					
Front Squats					
8 Jumping Pull ups					
	38	70	96	116	130

BEARS	10	8	6	4	2
Burpees					
Power Cleans					
Front Squats					
6 Pull Ups/Jumping Pull ups					
	36	66	90	108	120

FOX	10	8	6	4	2
Burpees					
SDHP					
Suitcase Carry					
4 Jumping Pull ups					
	34	62	84	100	110

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 14:05)