



CG4 – WOD Gear Australia

ATHLETE NAME: _____

JUDGES NAME: _____

LION CUB	BEAR CUB	FOX CUB
4 minutes max calories on rower 1 minute rest 4 mins to find a 3-rep max hang power clean	4 minutes max calories on rower 1 minute rest 4 mins max burpees over the rower facing rower	3 minutes max calories on rower 1 minute rest 3 mins max burpees

TOTAL CALORIES ROWED: _____

MAX WEIGHT / BURPEES: _____