CG.3 – Bullitt Fit Gear

ATHLETE NAME: _____ JUDGES NAME: _____ RX ☐ SCALED ☐

LION CUB	BEAR CUB	FOX CUB
10 MINUTE TIME CAP **RX** 30-20-10 Double Unders Kettlebell swings (12kg/8kg) Wall Balls (6kg to 9ft. target/4kg to 8ft target) **SCALED** 30-20-10 2x single skips (i.e. 60/40/20 reps) Kettlebell swings (12kg/8kg) Wall Balls (4kg to 9ft. target/4kg to 8ft target) ***2 single skips = 1 rep***	10 MINUTE TIME CAP **RX** 30-20-10 Double Unders **OR** 2 x single skips (i.e.80/60/40 reps) Russian Kettlebell swings (8kg) Wall Balls (4kg to 7ft target) **SCALED** 40-30-20 Single skips x 2 (i.e.80/60/40 reps) Butterfly Sit ups Shuttle run meters (set a 10m track) ***2 single skips = 1 rep*** ***(i.e. 6 skips =3 reps,10 skips = 5 reps, 11 skips =5 reps. Only once you get to the multiple of 2 will the rep count so 12 skips = 6 reps)***	10 MINUTE TIME CAP 40-30-20 Single skips x 2 (i.e. 80/60/40 reps) Butterfly Sit ups Shuttle run meters (set a 10m track) ***2 single skips = 1 rep***

Lions (Rx and scaled) and Bear (Rx)

	30	20	10
Double Unders (Lion & Bear Rx) / 2 x single skips (Lions scaled) (Bear RX may choose either DU's **OR** single skips)			
Kettlebell Swings			
Wall Balls			
	90 reps	150 reps	180 reps

TOTAL TIME _____

Bear (Scaled) and Lion Cubs (Rx and scaled)

	40	30	20
Single Skips x 2			
Sit Ups			
Shuttle Runs			
	120	210 reps	270 reps

TOTAL TIME _____