



CG2

ATHLETE NAME: _____

JUDGES NAME: _____

LION CUB	BEAR CUB	FOX CUB
<p>SET A RUNNING CLOCK FOR 10 MINUTES</p> <p>3 minutes to find a heavy Power Clean, Hang Power Clean, Full Clean complex</p> <p>1 minute rest</p> <p>THEN 3 Rounds for time (6 min time Cap)</p> <p>10 Burpees</p> <p>15 Box Jump Overs @ 20" (SCALED CAN STEP)</p> <p>20 Alternating Dumbbell Snatch (RX 8kg/10kg) (SCALED 6kg/8kg)</p>	<p>SET A RUNNING CLOCK FOR 9 MINUTES</p> <p>2 minutes to complete as many double unders OR skips as possible</p> <p>1 minute rest</p> <p>THEN 3 Rounds for time (6 min time Cap)</p> <p>10 Burpees</p> <p>10 Box Jump or Step Overs @ 20"</p> <p><i>Part A score is total reps tallied into kilos lifted.</i></p> <p><i>Each skip is worth 1 kg.</i></p> <p><i>Each double under is worth 2 kg.</i></p> <p><i>E.g. 50 skips = 50kg lifted</i></p> <p><i>50 double unders = 100kg lifted</i></p> <p><u>*MUST CHOOSE ONE OR THE OTHER.</u></p> <p><u>CANNOT DO BOTH</u></p>	<p>SET A RUNNING CLOCK FOR 9 MINUTES</p> <p>2 minutes to complete as many single skips as possible.</p> <p>1 minute rest</p> <p>THEN 3 Rounds for time (6 min time Cap)</p> <p>10 Under Overs @ 20"</p> <p>10 Step Ups @ 12"</p> <p><i>Part A score is total reps tallied into kilos lifted. Each skip is worth 1 kg.</i></p> <p><i>E.g. 50 skips = 50kg lifted</i></p> <p><i>Step ups can be plates, jerk blocks or a combination of both to equal 12"</i></p>

MAX WEIGHT LIFTED _____

(Bear: number of skips x 1 or number of double unders x 2)

(Fox: number of skips)

PART B TOTAL TIME : _____