



**CG5**

ATHLETE NAME: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_ RX

SCALED

**FOR TIME (12 MIN TIME CAP)**

10 thrusters  
15 bar facing burpees  
20 thrusters  
25 bar facing burpees  
30 thrusters  
35 bar facing burpees

Lion Cubs – RX 25kg/20kg Scaled 20kg/15kg  
Bar facing burpees

Bear Cubs – RX 8kg barbell for both boys and girls  
SCALED 2 x 3kg dumbbells for both boys and girls  
\* Standard burpees for this division

Fox Cubs – BOTH DIVISIONS 2 x 2kg dumbbells for both boys and girls  
\* Standard burpees for this division

REPS	MOVEMENT	
10	THRUSTERS	10 REPS
15	BURPEES	25 REPS
20	THRUSTERS	45 REPS
25	BURPEES	70 REPS
30	THRUSTERS	100 REPS
35	BURPEES	135 REPS

TOTAL TIME \_\_\_\_\_ OR IF UNFINISHED TOTAL COMPLETED REPS \_\_\_\_\_