



**CG3.2**

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

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

RX

SCALED

<b>LION CUB</b>	<b>BEAR CUB</b>	<b>FOX CUB</b>
<p><b>SET A RUNNING CLOCK FOR 8 MINUTES</b></p> <p>A. RX - 30 Overhead Squats (20kg/15kg) Scaled – 30 Front Squats (20kg/15kg)</p> <p>Immediately into</p> <p>B. Find 1RM Snatch (power or Full) in the remaining time</p> <p>Tie Breaker is the time to complete the 30 overhead squats</p>	<p><b>SET A RUNNING CLOCK FOR 8 MINUTES</b></p> <p>A. 20 Hang Power Snatch (Rx 8kg) (Scaled 6kg/4kg dumbbell)</p> <p>Immediately into</p> <p>B. 20 Cal on the Rower in the remaining time</p> <p>* Record Tie Break time which is the time to complete the 20 Hang Power Snatch</p>	<p><b>SET A RUNNING CLOCK FOR 8 MINUTES</b></p> <p>A. 30 Burpees</p> <p>Immediately into</p> <p>B. 10 x 10m Bear Crawl</p> <p>Tie Breaker is the time to complete the 30 Burpees</p>

<p><b>Part A:</b></p> <p><b>TIE BREAK TIME</b> _____</p> <p><b>PART B:</b></p> <p><b>WEIGHT</b> _____ (Only Record Heaviest successful lift)</p>	<p><b>Part A:</b></p> <p><b>TIE BREAK TIME</b> _____</p> <p><b>PART B:</b></p> <p><b>TOTAL TIME TAKEN</b> _____</p> <p>OR IF UNFINISHED</p> <p><b>TOTAL COMPLETED CALS:</b> _____</p>	<p><b>Part A:</b></p> <p><b>TIE BREAK TIME</b> _____</p> <p><b>PART B:</b></p> <p><b>TOTAL TIME TAKEN</b> _____</p> <p>OR IF UNFINISHED</p> <p><b>TOTAL COMPLETED METRES:</b> _____</p>
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