



CG3.3

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

LION CUB	BEAR CUB	FOX CUB
15-12-9 reps of:	15-12-9 reps of:	15-12-9 reps of:
Dumbbell Step Ups 20" (RX 2 x 10kg/2 x 8kg) (Scaled 2 x 8kg/2 x 5kg)	Dumbbell Step Ups @ 20" (RX 1 x 6kg/1 x 4kg) (Scaled 1 x 5kg/1 x 3kg)	Box Jumps or Step Ups @12" (Unweighted)
Dumbbell Push Press (RX 2 x 10kg/2 x 8kg) (Scaled 2 x 8kg/2 x 5kg)	Dumbbell Shoulder to Overhead (RX 2 x 6kg/2 x 4kg) (Scaled 2 x 5kg/2 x 3kg)	Dumbbell Shoulder to Overhead (RX 2 x 3kg) (Scaled 2 x 2kg)
Dumbbell Deadlifts (RX 2 x 10kg/2 x 8kg) (Scaled 2 x 8kg/2 x 5kg)	Dumbbell Deadlifts (RX 2 x 6kg/2 x 4kg) (Scaled 2 x 5kg/2 x 3kg)	Dumbbell Deadlifts (RX 2 x 3kg) (Scaled 2 x 2kg)
(10 Min Time Cap)	(10 Min Time Cap)	(10 Min Time Cap)

	15	12	9
Step Ups			
Push Press/S2O			
Deadlifts			
Total Reps	45	81	108

TOTAL TIME TAKEN _____

OR IF UNFINISHED

TOTAL COMPLETED REPS _____