



CG3.4 LION

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

LION CUB

15 MIN AMRAP

RXD

30 Back Squats 40/30
20 Toes to Bar
30 Back Squats
20 Handstand Push Ups
30 Back Squats
3/2 Bar Muscle Ups

* Tie Break – Time after completion of the 1st round

* HSPU - can use 15kg plates for hands and an abmat if preferred

SCALED

30 Back Squats 30/20
20 Hanging Knee Raises
30 Back Squats
20 Hand Release Push-Ups to an abmat
30 Back Squats
30 Ring Rows

* Tie Break – Time after completion of the 1st round

RX

	Round 1	Round 2	Round 3
30 Back Squats			
20 TTB			
30 Back Squats			
20 HSPU			
30 Back Squats			
3/2 Bar Muscle Ups			
	133/132	266/264	399/396

SCALED

	Round 1	Round 2	Round 3
30 Back Squats			
20 Knee Raises			
30 Back Squats			
20 HRP			
30 Back Squats			
30 Ring Rows			
	160	320	480

Tie Break time _____

Tie Break time _____

TOTAL TIME TAKEN _____ **OR IF UNFINISHED** TOTAL COMPLETED REPS _____



CG3.4 BEAR

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

BEAR CUB 10 MIN AMRAP

RXD

- 20 Back Squats 15kg/8kg
- 10 Toes to Bar (can substitute for 30 knee raises)
- 20 Back Squats
- 10 Handstand Push Ups to an abmat (can substitute for 20 Hand release knee pushups to an abmat)
- 20 Back Squats
- 10 Chest to Bar

- * Tie Break – Time after completion of the 1st round
- * every 3 knee raises = 1 rep
- * every 2 hand release push ups = 1 rep

SCALED

- 20 Front Squats 1 x 10kg dumbbell / 1 x 6kg dumbbell
- 10 Hanging Knee Raises
- 20 Front Squats
- 10 Hand Release Knee Push-Ups to an abmat
- 20 Front Squats
- 10 Ring Rows

- * Tie Break – Time after completion of the 1st round

RX

	Round 1	Round 2	Round 3
20 Back Squats			
10 TTB			
20 Back Squats			
10 HSPU (or 30			
20 Back Squats			
10 Chest to Bar			
	90	180	270

SCALED

	Round 1	Round 2	Round 3
20 Front Squats			
10 Knee Raises			
20 Front Squats			
10 HRPU			
20 Front Squats			
10 Ring Rows			
	90	180	270

Tie Break time _____

Tie Break time _____

TOTAL TIME TAKEN _____

OR IF UNFINISHED TOTAL COMPLETED REPS _____



CG3.4 FOX

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

FOX CUB

10 MIN AMRAP

RXD

- 20 Dumbbell Squats (1 x 4kg dumbbell)
- 5 Toes to Bar (can substitute for 15 knee raises)
- 15 Dumbbell Squats
- 5 Push Ups (chest to abmat)
- 10 Dumbbell Squats
- 5 Pull Ups (can substitute for 15 jumping pull ups)

- * Tie Break – Time after completion of the 1st round
- * every 3 knee raises = 1 rep
- * every 3 jumping pull ups = 1 rep

SCALED

- 20 Medball ground to over shoulder (6kg/4kg)
- 5 Hanging Knee Raises
- 15 Medball ground to over shoulder
- 5 Knee Push-Ups (Chest to Abmat)
- 10 Medball ground to over shoulder
- 5 Jumping Pull Ups

- * Tie Break – Time after completion of the 1st round

RX

	Round 1	Round 2	Round 3
20 Squats			
5 TTB			
15 Squats			
5 Push Ups			
10 Squats			
5 Pull Ups			
	60	120	180

SCALED

	Round 1	Round 2	Round 3
20 G2OS			
5 Knee Raises			
15 G2OS			
5 Knee Push Ups			
10 G2OS			
5 Jumping Pull Ups			
	60	120	180

Tie Break time _____

Tie Break time _____

TOTAL TIME TAKEN _____

OR IF UNFINISHED TOTAL COMPLETED REPS _____