



CG3.1 LION

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB

3 ROUNDS FOR TIME (12 MINUTE TIME CAP)

RXD

75 Double Unders
20 Wallballs to 9 ft target (6kg/4kg)
10 Chest to Bar

* Tie Break – Time after completion of the first round

SCALED

100 skips
20 Wallballs to 8 ft target (6kg/4kg)
10 Jumping Chest to Bar

* Tie Break – Time after completion of the first round

RX

	Round 1	Round 2	Round 3	
75 Double Unders				
20 Wallballs				
10 Chest to Bar				
	105	210	315	Total Reps

Tie Break _____

SCALED

	Round 1	Round 2	Round 3	
100 skips				
20 Wallballs				
10 Jumping Chest to Bar				
	130	260	390	Total Reps

Tie Break _____

TOTAL TIME TAKEN _____

OR IF UNFINISHED

TOTAL COMPLETED REPS _____



CG3.1 BEAR

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

BEAR CUB

3 ROUNDS FOR TIME (12 MINUTE TIME CAP)

RXD

30 Double Unders (can substitute for 90 single skips)
20 Medball squats (6kg) 10 Pull Ups

- * Tie Break – Time after completion of the first round
- * 3 single skips = 1 rep

SCALED

40 skips
15 Medball squats (4kg)
15 Jumping Pull Ups

- * Tie Break – Time after completion of the first round

RX

	Round 1	Round 2	Round 3
30 Double Unders			
20 Medball squats			
10 Pull Ups			
	60	120	180

Total Reps

Tie Break _____

SCALED

	Round 1	Round 2	Round 3
40 Skips			
15 Medball squats			
15 Jumping Pull Ups			
	70	140	210

Total Reps

Tie Break _____

TOTAL TIME TAKEN _____

OR IF UNFINISHED

TOTAL COMPLETED REPS _____



CG3.1 FOX

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

FOX CUB FOR TIME (8 MINUTE TIME CAP)

RXD

- 50 skips
- 40 medball squats (4kg)
- 30 jumping pull ups
- 20 skips

* Tie Break – Time after completion of the squats

SCALED

- 50 skips
- 40 air squats
- 30 plank plate taps (alt hands)
- 20 skips

* Tie Break – Time after completion of the squats

RX

50	40	30	20
Skips	Medball squats	Jumping Pull Ups	Skips
50	90	120	140

Total Reps

Tie Break _____

SCALED

50	40	30	20
Skips	Air squats	Plank plate taps	Skips
50	90	120	140

Total Reps

Tie Break _____

TOTAL TIME TAKEN _____

OR IF UNFINISHED

TOTAL COMPLETED REPS _____