



CG3.5

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	BEAR CUB	FOX CUB
DEATH BY: E2MO2M (EVERY SECOND MINUTE)	DEATH BY: E2MO2M (EVERY SECOND MINUTE)	DEATH BY: E2MO2M (EVERY SECOND MINUTE)
6 – 8 – 10 – 12 -14 etc reps of	6 – 8 – 10 – 12 – 14 etc reps of	6 – 8 – 10 – 12 – 14 etc reps of
Burpee Box Jump Overs @ 24" / 20" (maystep over)	Burpee Box Jump Overs @ 20" (may step over)	Burpee Box Jump Overs @ 20" (may step over)
Hang Power Cleans	Hang Power Cleans	Hang Power Cleans
Thrusters	Thrusters	Thrusters
RX 30kg/20kg Scaled 20kg/15kg	RX 8kg barbell Scaled 2 x 3kg dumbbells	RX 2 x 3kg dumbbells Scaled 2 x 2kg dumbbells
Tie Breaker is the total time on the clock at the conclusion of the athlete's previous complete round	Tie Breaker is the total time on the clock at the conclusion of the athlete's previous complete round	Tie Breaker is the total time on the clock at the conclusion of the athlete's previous complete round

	Burpee	Cleans	Thrusters	Time	Reps
0-2 min					18
2-4 min					42
4-6 min					72
6-8 min					108
8-10 min					150
10-12 min					198
12-14 min					252
14-16 min					312

Total Reps: _____