



CG4.1 – ALL DIVISIONS

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

LION CUB	BEAR CUB	FOX CUB
12-9-6-3 reps of: Devils Press 10 box jumps between each round RX 10kg x 2/8kg x 2 Scaled 10kg x 1/8kg x 1 24"/20" box for both divisions (scaled may step up)	12-9-6-3 reps of: Devils Press 10 box jumps between each round RX 5kg x 2 (boys & girls) Scaled 5kg x 1 (boys & girls) 20" box for both divisions (scaled may step up)	12-9-6-3 reps of: Devils Press 10 box jumps between each round RX 3kg x 2 (boys & girls) Scaled 3kg x 1 (boys & girls) 20" box for both divisions (may step up)

	12	9	6	3
Devils Press				
	10	10	10	10
Box Jumps				
Total Reps	22	41	57	70

TOTAL TIME TAKEN _____

OR IF UNFINISHED

TOTAL COMPLETED REPS _____