



### CG4.3 - LION AND BEAR

ATHLETE NAME: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_

RX

SCALED

<p><b>LION CUB</b></p> <p><b>SET A RUNNING CLOCK FOR 14 MINUTES</b></p> <p><b>From 0:00-5:00</b></p> <p><b>Part A.</b> 5 Mins to Find a heavy front squat</p> <p><b>Rest 1 minute</b></p> <p><b>From 6:00 -&gt; 14:00 (8 min time cap)</b></p> <p><b>Part B.</b> 21-15-9 Thrusters (Rx 25kg/20kg) (55lb/45lb) (Scaled 20kg/15kg) (45lb/35lb) Handstand Push Ups (Rx – 1 abmat) (Scaled Hand release push ups on toes)</p>	<p><b>BEAR CUB</b></p> <p><b>SET A RUNNING CLOCK FOR 14 MINUTES</b></p> <p><b>From 0:00-5:00</b></p> <p><b>Part A.</b> 5 Mins to Find a heavy front squat</p> <p><b>Rest 1 minute</b></p> <p><b>From 6:00 -&gt; 14:00 (8 min time cap)</b></p> <p><b>Part B.</b> 21-15-9 Thrusters (Rx 15kg (35lb) for boys &amp; girls) (Scaled 8kg (18lb) for boys &amp; girls) Abmat Hand Release Push Ups (Rx – on toes) (Scaled – on knees)</p>
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<p><b>Part A:</b></p> <p><b>WEIGHT</b> _____ (Only record heaviest successful lift)</p> <p><b>PART B:</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Thrusters</th> <th>HSPU/Push Ups</th> <th>Total Reps</th> </tr> </thead> <tbody> <tr> <td><b>21</b></td> <td></td> <td></td> <td><b>42</b></td> </tr> <tr> <td><b>15</b></td> <td></td> <td></td> <td><b>72</b></td> </tr> <tr> <td><b>9</b></td> <td></td> <td></td> <td><b>90</b></td> </tr> </tbody> </table> <p>TOTAL TIME TAKEN _____</p> <p style="text-align: center;"><b>OR IF UNFINISHED</b></p> <p>TOTAL COMPLETED REPS _____</p>		Thrusters	HSPU/Push Ups	Total Reps	<b>21</b>			<b>42</b>	<b>15</b>			<b>72</b>	<b>9</b>			<b>90</b>	<p><b>Part A:</b></p> <p><b>WEIGHT</b> _____ (Only record heaviest successful lift)</p> <p><b>PART B:</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Thrusters</th> <th>HSPU/Push Ups</th> <th>Total Reps</th> </tr> </thead> <tbody> <tr> <td><b>21</b></td> <td></td> <td></td> <td><b>42</b></td> </tr> <tr> <td><b>15</b></td> <td></td> <td></td> <td><b>72</b></td> </tr> <tr> <td><b>9</b></td> <td></td> <td></td> <td><b>90</b></td> </tr> </tbody> </table> <p>TOTAL TIME TAKEN _____</p> <p style="text-align: center;"><b>OR IF UNFINISHED</b></p> <p>TOTAL COMPLETED REPS _____</p>		Thrusters	HSPU/Push Ups	Total Reps	<b>21</b>			<b>42</b>	<b>15</b>			<b>72</b>	<b>9</b>			<b>90</b>
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# CG4.3 FOX

ATHLETE NAME: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_

RX  ALED



**FOX CUB**

**SET A RUNNING CLOCK FOR 8 MINUTES**

**From 0:00-2:00**

**Part A.** 2 Mins max effort goblet squats (Rx 4kg (8lb) dumbbell)  
(Scaled 3kg (6lb) dumbbell)

**Rest 1 minute**

**From 3:00 -> 8:00 (5 min time cap)**

**Part B.**  
21-15-9  
Thrusters (Rx 2 x 3kg (6lb) dumbbells for boys & girls)  
(Scaled 2 x 2kg (5lb) dumbbells for boys & girls)  
Abmat Hand Release Push Ups on knees

**Part A:**

# Of Reps \_\_\_\_\_

**PART B:**

	Thrusters	Push Ups	Total Reps
<b>21</b>			<b>42</b>
<b>15</b>			<b>72</b>
<b>9</b>			<b>90</b>

TOTAL TIME TAKEN \_\_\_\_\_

**OR IF UNFINISHED**

TOTAL COMPLETED REPS \_\_\_\_\_