



CG4.5 – ALL DIVISIONS

ATHLETE NAME: _____

JUDGES NAME: _____ RX SCALED

DEATH BY: EMOM (EVERY MINUTE ON THE MINUTE)

3 POWER CLEANS

3 FRONT SQUATS

3 BAR FACING BURPEES (BURPEES ONLY FOR FOX)

*** INCREASE BY 1 BURPEE EVERY MINUTE UNTIL FAILURE**

LION CUB		BEAR CUB		FOX CUB	
RX	30kg/20kg	RX	15kg barbell	RX	2 x 3kg dumbbells
Scaled	20kg/15kg	Scaled	8kg barbell	Scaled	2 x 2kg dumbbells
				*Burpees only – not bar facing	
30kg = 65lb	20kg = 45lb	15kg = 35lb	8kg = 18lb	3kg = 6lb	2kg = 5lb

	Power Cleans		Front Squats		Bar Facing Burpees		Total Reps
0:00 – 1:00	3		3		3		9
1:00 – 2:00	3		3		4		19
2:00 – 3:00	3		3		5		30
3:00 – 4:00	3		3		6		42
4:00 – 5:00	3		3		7		55
5:00 – 6:00	3		3		8		69
6:00 – 7:00	3		3		9		84
7:00 – 8:00	3		3		10		100
8:00 – 9:00	3		3		11		117
9:00 – 10:00	3		3		12		135
10:00 – 11:00	3		3		13		154
11:00 – 12:00	3		3		14		174
12:00 – 13:00	3		3		15		195
13:00 – 14:00	3		3		16		217
14:00 – 15:00	3		3		17		240

TOTAL COMPLETED REPS _____