



CG4.4 - LION

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

LION CUB

SET A RUNNING CLOCK FOR 13 MINUTES

From 0:00-8:00

Part A.

8 Min AMRAP

- 10 American Kettlebell Swings (Rx 16kg (35lb)/12kg (26lb)) (Scaled 12kg (26lb)/8kg (18lb))
- 10 Toes to Bar (Scaled 5 Toes to Bar or 20 Knee Raises)
- 10 Double unders (Scaled 2 x single skips)
- 15m farmers carry (Rx 2 x 16kg (25lb) /2 x 12kg (26lb)) (Scaled 2 x 12kg (26lb)/2 x 8kg (18lb))

*FARMERS CARRY = 3 REPS (1 REP PER 5M)

*SCALED ATHLETES - YOU MAY CHOOSE TO DO EITHER 5 TOES TO BAR OR 20 KNEE RAISES.
20 KNEE RAISES = 5 REPS (I.E. 4 KNEE RAISES = 1 REP)

Rest 2 minutes

From 10:00 -> 13:00 (3 mins)

Part B.

3 Minute max seconds bar hang

RX PART A:

	10 Swings	10 TTB	10 DU's	15m Carry	Reps
1					33
2					66
3					99
4					132
5					165
6					198
7					231
8					264
9					297
10					330
11					363
12					396
13					429
14					462
15					495

SCALED PART A:

	10 Swings	5 TTB (20 knee raises)	20 skips	15m carry	Reps
1					38
2					76
3					114
4					152
5					190
6					228
7					266
8					304
9					342
10					380
11					418
12					456
13					494
14					532
15					570

TOTAL COMPLETED REPS _____

Part B:

Total # of Seconds: _____



CG4.4 BEAR

ATHLETE NAME: _____

JUDGES NAME: _____ RX

SCALED

BEAR CUB

SET A RUNNING CLOCK FOR 13 MINUTES

From 0:00-8:00

Part A.

8 Min AMRAP

10 American Kettlebell Swings (Rx 12kg (26lb) /8kg (18lb))

(Scaled 8kg (18lb) **Russian**)

5 Toes to Bar

(Scaled 10 Knee Raises)

10 Double unders

(Scaled 2 x single skips)

15m farmers carry (Rx 2 x 10kg (20lb) kettlebell or dumbbell for all)

(Scaled 2 x 8kg (18lb) kettlebell or dumbbell for all)

***FARMERS CARRY = 3 REPS (1 REP PER 5M)**

Rest 2 minutes

From 10:00 -> 13:00 (3 mins)

Part B.

3 Minute max seconds bar hang

RX PART A:

	10 Swings	5 TTB	10 DU's	15m carry	Reps
1					28
2					56
3					84
4					112
5					140
6					168
7					196
8					224
9					252
10					280
11					308
12					336
13					364
14					392
15					420

SCALED PART A:

	10 Swings	10 knee raises	20 skips	15m carry	Reps
1					43
2					86
3					129
4					172
5					215
6					258
7					301
8					344
9					387
10					430
11					473
12					516
13					559
14					602
15					645

TOTAL COMPLETED REPS _____

Part B:

Total # of Seconds: _____



CG4.4 FOX

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

FOX CUB

SET A RUNNING CLOCK FOR 13 MINUTES

From 0:00-8:00

Part A.

8 Min AMRAP

10 Russian Kettlebell and/or dumbbell Swings (Rx 6kg (14lb)) (Scaled 4kg (8lb))

20 Sit Ups

20 single skips

15m farmers carry (2 x 4kg (8lb) kettlebells or dumbbells for all divisions)

***FARMERS CARRY = 3 REPS (1 REP PER 5M)**

Rest 2 minutes

From 10:00 -> 13:00 (3 mins)

Part B.

3 Minute max seconds bar hang

PART A:

	10 Swings	20 Sit ups	20 Skips	15m carry	Reps
1					53
2					106
3					159
4					212
5					265
6					318
7					371
8					424
9					477
10					530
11					583
12					636
13					689
14					742
15					795

TOTAL COMPLETED REPS _____

Part B:

Total # of Seconds: _____