

WOD Log-Sheet

Date 9-12-2011 WOD BARBARA

Athlete Name	Results
Eddie	2 Rd - 23 min
DOZ	4 RDS + 4 PUSH UPS
Darrell	3 rounds + 3 pushups DNF
MARVIN	4 RD SCALE SMALL BAND
9-12-2011	MIDTERM
MICHAEL	11:32
TUNG	3 rounds + 16 sit up
JIMMY T	2 Rounds + 8 pull ups
Julie T.	3 Rounds + 19 squats
Muy	3rd - 25 su 4:55, 10:58, 10:56
Jamie	3rd - 35 sit ups 6:36, 7:23, 10:47
Trac	2:05 (PR), 2:22, 2:30, 2:47, 2:15 = 23:52
Mary	4 RDS; 6:09, 6:26, 8:22, 8:55
Hymnal	3 RDS + 37 Squat; 5:35, 6:36, 12:40
Carl (modify)	3 Rounds #15 Push Press at the
Teagan	4 rds 5:26, 6:12, 9:00, 8:27
Reed	3 rounds + 16 pull: 8:17, 10:30, 10:57
CRYSTALS	4 rds 6:11 6:33 7:25 7:35 -1
Tmai	3 Rds & 26 sit-ups w 8:05 / 8:23 / 7:50 NO band (u)
Jesse Vu 5 RDS	2:23, 3:36, 4:00, 7:29, 4:15
Mohamed	5:38, 14:46, 26:33, 37:26 #
VIRAL	4:46, 6:56, 6:58, 7:58, 5 th rep (20 pull + 30 push + 2 SS/A)
Lonre	5:09, 6:02, 5:58, 6:57, 5 th round got 15 squats
KRIS	3:57, 4:19, 4:51, 5:24, 5:14
Andrew	4:45, 5:34, 5:07, 5:36, 5:13
Daniel	4 rds, 5:55, 6:56, 8:20, 8:16
Brian	4 RDS 4:51, 6:23, 8:18, 8:38, 5 th RD 21 push up
TRi	5 RDS 3:20, 4:00, 5:33, 5:54, 5:00

WOD Log-Sheet

Date 9/12/11

WOD Barbara

Athlete Name	Results
Shawn	3:01, 3:14, 5:32, 5:49, 4:56
MIKE TUNG	2:25; 2:50; 3:16; 4:31; 4:15 28:20
BEN	3 Rds. 5:20, 16:70, 33:28
EDWIN	3:57, 4:05, 4:49, 5:01, 5:15, (5) SQUATS
Lakshmi	4 th round 10 sit ups
Mike Bui	39:42
Lee Mei	40:00 4 rds 15 pu (Blue band)
Henry	40:00 4 rds 15 sit ups
Manarind	40 4rd
K-Me	4RDS 12 pull ups
Richard Le	4 RDS 32 Sit ups, 10:34, 19:35, 32:03
Alice	4RDS + 23 push-ups (5:40, 6:13, 7:20, 7:21)
ANTH	40:00 4 RDS
CRYSTAL	4 rds + 11 sit ups (5:00, 14:10, 23:49, 33:35, 11 sit ups)
Danny	3:44, 5:05, 5:20, 5:07, 5:05 36:25
Tam	4:53, 5:49, 5:15, 4:13, 5:40 37:22
K3	4:50, 5:28, 6:24, 6:41, 11 squats
Annie	4:00, 4:40, 5:15, 5:50, 6:28
PHU	38:03
Shardool	4 rounds - 36:30 mins. [8, 14, 27:30]
USA	39:24 39:24
mei	4:10, 5:00, 6:00, 7:00, 5:00
Mario	22:17 (3 rds + 35 squats)
Barbara	5:25 11:52 23:25 33:26 + 11 push ups
Sue	#5:15m #7:00m #7:43m #9:23m #X
Kyle	2:30, 2:50, 6:10, 7:14, 5:18 ^{RT} 36:33
gloria	5:14, 14:04, 22:24, 32:02, (4 rounds) + 32 squats
Mychal	28:51, I CAN'T DO MATH.
Elgin	4:31; 5:41; 6:25; 6:58 → 9 S-U P S 40=95 P S

