WOD Log-Sheet

Date_____ **WOD**_____

Athlete Name	Results
Melissa, Joie, Helena, Shanna	65/42/42 20:01
Darrell, Annie, Yoshi	185 / 95 15:50
Eddie Marvin Crystal	135 / 85 and 115 / 65 17:40
Minh, Nicole, Susan, Alex	19:02 95/65/45
KYLE, KEVIN, ANGELO, ALVIN	19:50 225/135/95
Tran, Tina, Cindy + Joyce	16:37 65 lbs / 42 lbs.
Huy, Roger, Landon	(2) 185/195/115 57 push press
EILEEN, LAUREN & MICHELLE	15:30 65#/42#
Shannon, Dan, Nick, David	RX 19:20
Chad	Tier 2 17:00
TEAM SAFETY (WTF?) MIKE TUNG, MYCHAL, EDWIN, MIKEY	13' 23" RX
Kylie. Patty. & ELLA	95/65# 17:05
Linhzy, Jewels, Edgard	135/95# 18:54
Nada, Holly, Thien, Caitlyn	95/65/42# 18:31
IRENE, BRITTANY, ALICE	95/62/62# 19:49
Shawn/Alex/Rod	16:36 225#/135#
Darell/michael/Marijanne	20 mins 135#/95# 82 push press
Lilia & Lisa & Steph ♡	18:36 @ 95# → 65lb → 65lb ♡♡♡
Vikram Henry Mike	15:47 @ "
Juliette. Sam. Julie	17:23 @ 95lbs 65 lbs 65lbs → 42lbs (Juliette)
Thuan Paul, Nestor	L3 = 15:55 135/95/95 95/52/52
Marcial David Sid	15:23 135/95/95
Huy, Ryan, Amir, Trac	13:23 225/135#