WOD Log-Sheet

Date_____ **WOD**_____

Athlete Name	Results
Susan V u	347, 351, 351, 340 (5)
Katie	448, 447, 454, 5
Gloria	429, 5, 4:57, 443
Reeba	4 hspu, 8 wall clean, 1 hspu, 1 hspu
Irene	RT, WS 10, WS 5, WS 9
Brittany	hspu 6, hspu 4, hspu 3, hspu 3
Crystal. J	1 hspu, 13 wall ball, 14 wall ball, 1 HSPU
Michael	5 hspu, 4 hspu, 2 hspu, 4 hspu
Ben	4 hspu, 10 wb, 3 wb, 0 wb
DANNY (35#)	3 HSPU / 3 HSPU / 3 HSPU / 5 HSPU
Alice	5 HSPU / 6 HSPU / 4 HSPU / 4 HSPU 25#, 14#
ALEXANDER	4:14 / 4:45 / 6 HSPU / 3 HSPU
153	3 HSPU / 8 WB / 18 WB / 18 WB 45#, 20#
Philip	4:55 / 3 stink / 5 stink / 10 wb
Brittney	4:48 / 4:47 / 4:56 / 4:57
Arahita	4:27 / 4:41 / 4:52 / 4:45
LISA 251B 141B WALL BALL BLUE BAND	(1) 7 HSPU (2) 4 SHSPU (3) (6) HSPU (4) 1 stink bug
Sid	5:00 / 5:00 / 503 / 500 35LB
Ulia	3 stingbug / 4 stingbugs / 2 stingbugs / 18 wall ball
PAUL	25# 5:00 / 5:00 / 4 HSPU (scale) / 3 HSPU (scale)
Sam	15# 4:38, 4:37, 4:57, 4:50