

WOD Log-Sheet

Date 12/7/11 WOD 5RM Deadlift

B
A
A
B
A
B

Athlete Name	Results
JOIE	MAX Dead Lift - 92 group 53
Darrell	PL - 255# PR group 86
Linh	DL - 145# group 86
MARVIN	DL - 225# group 53
Brian M.	DL - 245lb group 86
Annie	275# / 53
Dave	235 / 71
CATHY	115# / 83
ANNE	135# / 83
Susan Vu	285# reps only 4 RDS 6 RPS
ALVIN	255# PR Group (w/ Kyle) 104 REPS
Tran	115# PR group } 97 reps
Laly	102# PR
Lauren	145# PR GROUP! 88 reps ♡
Thao	155#
HYONCHU	175lb 5 rep max } 84 REPS
MARY	115 115lb 5 rep max } GROUP
BRIAN C.	215 x 5 60 REPS.
Carol (modify) <i>Wrist injury</i>	(2) rounds ^{keatsub} #35 87 87 reps (2) 30 singles (1) 100 singles
Nick	365 / 60 reps
KYLIE	185# PR
Patty	185# PR
LITA	175# PR
Lonnie	PRESS #65
Jamie	115# PR 66 reps
Michelle	115# PR 66 REPS
LONDON	245# PR 101 REPS
DANNY	245# PR 80 reps
Rod	365 SRM PR! ; 101 reps

WOD Log-Sheet

Date 12/7/11 WOD 5RM Deadlift

Athlete Name	Results
TERENCE	225 PR / 112
TAM	165 PR / 66
Kevin	155 / 80
Shannon	385 PR
Edward	245 PR
KATHIE	185 / 110
CATHYn	155 PR / TEAM = 110
Huy Nguyen	245 PR / TEAM = 102
Damir	225# PR / TEAM = 83
Alice	185# / TEAM = 102
AMH	175# / TEAM
TRI H	325#
Brittany F	PR #135 / TEAM 110
Erwin	PR 5x335, PR 3x365
Marianne	PR 5x 250 lb.
DAVID W	10:38 - SRD 5/10/15
FRANCO	PR 250#
Eddie	PR PR 200#
Juliette	PR 135# lbs
EDWIN	PR 350 DL TEAM = 83
Shent	PR 115 TEAM - 80
Siel	SRM 215# - Team - 78
Mike	PR 210 - Team - 83-
PAUL	PR DL 245# 3RM 205# TEAM = 72
Lilia	PR 185 TEAM = 80 91 / 74
Gloria	185# TEAM = 80 (chest to bar)
Sam	185# PR 5RM
Jewelsphammers	210# PR 5RM!! TEAM = 91 / 74 cal row