

WOD Log-Sheet

Date 1/18/11 WOD CHG WOD

Athlete Name	Results
Linh	#135 Green 13 min
MARIA	52 lbs 10 min
GIL	95 lbs 11 min
Johanna	#65 11:15 Black band
MARVIN	#135 12:56 miles
Melissa	95# 10:31
Crystal	115# 11:51
Cathy	105# Green Band 10:33
Ricardo	10:33 #135
Nicole	11:02
Jamie	12:53 #105#
MICHAEL M.	11:30
Brian M.	225# 10:30, Green Band
Henry H.	135# 10:28, bk + qb band
ALVIN	185# 11:42
EDWIN	225# 7:31
Susan Vu	135# 8:41 (6) BAND
Kevin N.	115 lbs 8:02
DANNY	185# 10:59
Cathy ☺	115# Green Band 8:43
Gloria	92# green band 14:43
Annie	9:25 185#
ALEX	6:04 RX
Kyle	7:54 RX
MIKE TUNER	6:14" R
Mary	7:33 92# Green
Hyndee	7:35 135# Green
TERENCE	8:33 155#

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Date _____ WOD _____

Athlete Name	Results
mei	7:59, Blue Band 135 #
JOIE	9:00 Black Band 95lb
JEN	10:30 black + 95#
Michelle W.	7:21, Green band, 95lbs
Carol (Modify) Rt Wrist	9:52 #53 Kettlebell (7) Pull up Ring (7) knee lifts
Nick	9:06
Andrew	10:42
Mike V	11:37 scale 4 legs
Edgard	11:01 155
Valhessa M	9:55
Tina	Sadly... did not finish 95 lbs
Shawn	11:34
Amber	12:48
Lily	9:59 4 7:49
LONDON	11:05 185# 9:48
TAM	11:07 92# green band
JEWELSPHAMMERS	10:37 18 135# blue band
Huy Nguyen (2)	11:47 155#
Kylie	10:37 #135 blue band
Shannen	11:24 RX
Pod	14:13 225# C blue band
Jen	8:49 100# (blue band)
Pritaney	9:16 105# (black band)
Caitlyn	8:49 (115 #)
LEETS	10:00 (95#)
Tamar	13:15 (225)
JABR	10:47 (72)
neda	10:43 105#, blue band
Ben	10:35 135 lb

