

WOD Log-Sheet

Date 1/23/12

WOD Prosper

Athlete Name	Results
Jemma	32lb, 2d, 2 thrusters
Linh	65# 2 RD 5 Thruster
Annie	0+5 MU 115#
Darrell	95# Thruster, jumping ring 2 rounds + 2 thrusters
Joie Brown	42lb Thruster - up for 2 1/2 rounds
MARVIN	85# 2 Rounds 8 THURSTERS
Ricardo	95 2 rounds 7 thruster
JEFF +400m 2nd	8 75lbs @ 2 rounds (PR, Box Dips) Resist at 2 RD
Nicole	42lb 2 1/2 rounds
ALVIN	4 RDS 95#
Cathy ☺	2 rds - 8 pull ups, ble band #52
MICHAEL M.	4 RDS 95#
Mike Vn	1rd + 7 thrusters #155
Carol (modify)	3 + 5 Best Rows #15 Thruster #25
Imai	1rd & 1 thruster 75#. Rope climb ☺
HYONCHU	1 RD + 11 pullups 85lb.
Marcial	2 RDS + 2 Thrusters @ 135
Reed	2 rds #155 / Pullups/dips
LONDON	2 RDS 115# ++
KYLE	2 rds 10 PU'S #70
Muy Nguyen (2)	2 rds 10 thrusters 115#
Jewell Phammers	2 rds + 2 pu 75#
Andrew	1rd + 8 thrusters (135# / 2 mu; rest scaled)
Martin	2d 15 65
Amber	2 rounds + 13 pull ups
BEN	2rd + 8 thruster + 5 Pullup #95
EDWIN	2RD + 2 THURSTERS 135# (S) Plus 5 RDS
IKONO	1rd + 5 dips 52 lbs
Brittney	2 RD + 3 thrusters 65#

