

WOD Log-Sheet

Date 1/24/2012 WOD WOD Prep ~~3:45~~ ~~4:15~~ 3:45

Athlete Name	Results
Mang tmāi	A 2rds + 11 PU - 3:00 SR Pull-Ups $\frac{1}{2}$ Reals 3rds & 1 deadlift - 3:36 squats. ONES
HYONCHU	4 RDS - 3:00 SQUATS
Mike Vu	A) 4 Rds + 1 DL / 2:29 squats #155
Erwin	A) 4 rds @ 2x, 3:18 x 100 sq
Marcial	A) 4 RDS RX ⁽¹⁵⁵⁾ 2:32 100 SQUATS
mei	A) 4 RDS, 2:07 squats
Kylie	B) 12 → 6 TH
Patty	B) 12 → 8 TH
Maulig	B) 15.3
Caitlyn	B) 12 & 12 THRUSTERS
ANNE ☺	"B" 18 & 18 THRUSTERS
Leets	"B" 12 & 12 THRUSTERS 25#, 20m
DUC	B 12 + 1 THRUSTER #45
Halina	A 4 RD + 13 Burpee (2:45 squats) ¹⁰⁰
Alice	A 3 pound + 13 Burpees (2:54 squats)
Jewelsphammers	A 2 Rd + 3 push up 100# 2:51 squats
Andrew	B 3-6-9-12 (50#/24")
Yoshi	B 12 + 5 thrusters (#45)
K3	B 12 + 15 thrusters + 1 jump (45#)
Erwin	A) 5 RD + 1 DL'S RX
Samantha	A 3 rounds + 9 DL #100
neda	A 5 rounds + 2 DL 100#
Hien	B 15 + 15 THRUSTERS (#30)
SABA	B 15 + 15 Thrusters (#15)
Eddie	A 3rds + 9 dl 3:52 squats
Phu	B 15 + 4 Thrusters 20#
Sud	B 15 + 11 Thrupm. 2x25#
Kyle	A 6 + 7 burpees

WOD Log-Sheet

Date 1/26/2012 WOD _____

Athlete Name	Results
Annie	B 15 + 6 LBJ (2x25#) / 24 ^m
HYONCHU	B 15 + 8 Thrusters 2x25# / 20 ^m
Melissa	B 18 rounds w/ 15#
Edgard	B 12 + 5 Thrusters
Amanda	B 18 + 5 box jump (not late @) / 30#
Amler	B 12 + 12 thrusters
Mike Vu	B 15 + 6 thrusters RX
Gary	A 5 rds 3:05 (100 squats)
Minn	B 15 thrusters + 6 box jumps.
Michele	B 12 (25#)
Reed	A 3 rds + 3 burpee / 3:35
Shawn	B 15 + 13 thrusters (50#)
gloria	B A 2 rds + 6 BB / 4:30?
jewels phammers	B 15 + 3 box jumps 25# x 2 thrust
KYUE	A 4 rds + 2 PU
caitlyn	A 3 rds + 5 PU
LONDON	A 3 rds + 5 BURPEE
K3	A 3 rds + 8 PU, 2:39 squats
DANNY	A 4 rds + 9 DL (RX) 2:09 squats
Halina	B 15 + 18 DBTH 15#
Annie	A 5 + 10 CZB
SUSAN VU	A 4 rds + 9 DL @ 100# 2:59 sq
Stephanie	A 4 rounds 12 PU @ 100# 3:23 squats
Alice	B 18 + 18 (2x25#)
Eddie	B 6 @ 45, 4 @ 15 thrusters @ 25, 35# CD
HILL	A 3 rds 10 PU @ 100 4:30
ALEX	(A) 6 rds + 1 PU RX
EDWIN	B 15 RX
Marcial	B 5 rds 2 thrusters

