

WOD Log-Sheet

Date _____ WOD _____

| Athlete Name | Results |
|---------------------------------|--------------------------------------------------------------------------------------|
| Melissa Bittney R, Tony | 115# @ 110 reps; 32 WB + 20 burpees; 13pts |
| Helena / Nancy / Jemma | ① 62 lbs ② 1018 ball ③ 251 lbs 4 reps total 70 times each Breps each (2 modified) |
| MARVIN / DARRELL / LYNN | ① - DARRELL 63# 71 SWINGS 14# WB 705 TO BAR ① - MARVIN 3 LYNN 35# 46 7 |
| Linda TRAN | 8:20, 6 |
| Michelle / CHAN / Brian | #225 (7R) 90, 20# / 8 rds 7 swings / pool |
| Tammi / Selam / Carrie | ① 81 95# ② 90 10# ③ 8 rds |
| CHRISTINE | ① 60 ② 85 ③ 3 RDS |
| SHANE / VANESSA / ERIKA | ① 100 ② 110 + 10 burpees ③ 2 rounds (5) 3 rounds (Vanessa / Erika) |
| TONYA / MIKE / ALVIN | ① 145 ⁵⁰⁰ ② 96 WB ③ 2 rds / 2 1/2 / 3 RDS |
| Mary / HYNCHU / Tami | 1:10 #95 2-125#10 3-8 rds / 4 TB |
| bie / TAM | 83 #95 / 75 wall ball #10 / 3 rounds TOTAL 9 |
| BRIAN / TERENCE / KERIN | 146 (145 lbs), 147 (14 lbs), 7RX, 7KTB 1.5 POOL |
| DUC / JEFF / WALLACE | 125 (145#), 108 (20#), 6 RDS + 2 TB (1.5 POOL) |
| Marcial / Erwin / Trac | ① 225 / 315 = 65 ② 20# = 120 ③ 8# 12s @ 2 pool, 30' |
| Willie / Edgard | ① 145 - 100 rep, ② 75 * 14 ③ 7 + 5 KW |
| ALFREDO / NAM / ANITA | ① 225 - 104, ② 99, ③ 9 + 7 SWINGS |
| LATHY / NICOLE / TITAO | ① 125 (2) 121 (3) 8 RN 11 SWIG |
| Kyle Gary | ① #145, 9, 56 ② 7 rds + 9 BJ'S |
| JEN / CRAIG / KEN | 103 95# 136 10# 7 rds + 6 jumps. |
| Mitchell / Jackie / Young | #75 116 10# 113 8 rds. |
| DANNY, ANDREW, DAVID | (225#) 105 / 79 (20#) / 8 rds + 4 TB (1.5 pool) |
| Caitlyn, Jen, Ben | 107 (115# / 135#) / 122 (10#) / 8 RDS + 2 BJ (30/35#) |
| CRYSTAL, LITA, ALICE | ① 99 (135#) ② 75 (14#) ③ 7 RDS + 2 TB (35#) |
| MARZANNE XIAOPENG | ① 88 (165#) ② 108 (14#) ③ 5 RDS + 3 BJ |
| Mike / Andrew / K3 | ① 100 (225#) ② 125 ③ 7 RDS + 1 TB |
| Rod | 85 @ 315# / 125. RX / 6 + 500s (scale box jumps) |
| Hien, Amanda | 69, 110, 9rd. |
| Barbara, Michelle, Shant. | 80 ^{95 lbs} / 22 + 30 burpees + 7 + 7 swings ^{30 lbs} |
| BOB, TRUNG, ERWIN | 123 (225, 145) / 91 (20#) / 8 RDS 2 BJ (2 pool, 1.5 pool) |

