

WOD Log-Sheet

Date 12/20/12 WOD "ANGIE"

Athlete Name	Results
MAUREEN	8 SQUATS
JENN	66 SQUATS
Darrell	Rx 53 sit ups
BRAD Olivier	Rx 100 Pu, 100 Push, 87 sit-up
SEAN	Rx 25:21
MICHAEL M.	Rx 16:11
SAM	Rx 16:20
Niam	23:11 Rx
Brian Aa	27:32 "Angie"
Dylan	15:19
Zach	20:41
mike Vn	Rx 19:30
Erwin	27:14
Susan Vu	21:57
Erica & Lina	27:50
Torri BFF	1 RD + 70 sit ups
Huy	1 RD + 34 sups
TRAC	23:48
Elijah	13:50 + 100 pull up + 88 push up knees
Jennifer/Shari	50 squats
Erica	1 RD + 65 push up
Krystal S.M.	# 86 PU, 75 push, 68 sit, 50 squat
Allen	100 pu, 52 push, 50 sit, 50 Squats -
Kathryn	Blk wide Band 28:35
Lee	Black band - 87 squats
MARQUE K	100 pu, 38 p.u, 62 sit ups, 100 squats
ANGELA	100 pu, 100 PUSHES, 87 SIT-UPS, 50 SQUATS
EDWIN	1 RD + 31 PUS 22:26
	(RD) + 34 PUS 28:14

