

WOD Log-Sheet

Date 9/28/21 WOD 11 DAYS

Athlete Name	Results
MAUREEN	10 DAYS, 4 CLAPPING PUSH UP
Tom	11 DAYS.
Rouena	10 days + 1 speed skate
KEVIN	10 DAYS + 8 DOUBLE UNDERS
Katie	10 DAYS & 3 Wall balls
Scott	11 Days + 5 mm 25#, 95# CJ
ALVIN	12 DAYS + 5 clean & jerk rx
Mat	12 days + 6 cleans s/d 95/135
Allen	10 days + 11 clean & jerk 30 rx
JENNIFER D	11 jerks + 6 Wall balls
ella	10 & 6cj
Jenn B	10 BOX -umps (24) 6C+J
Vickie S.	10 BJ + 6 clean + J
Johas VI	10 rounds + 8 clean & jerks
Mary	11 rds + 6 wall balls
John	11 rds + 4 Man Makers
SEAN A	35:14 Rx
Jifer	11 rds + 6 mm
Prisalk	10 ma - 11 c + J -> 1 1/2 dck
Haling	11 c + J -> 4 DU
Hung	11 rd + 2 mm
John	11 rd + 11 clean jerks
Jewels	11 rd + 6 MM
Erwin	39:33 RX
Marianne	11 + 4 ring dips
Annal	37:25
Kat	11 rds 3 man makers
Shawn	12 days + 6 cleans & J's
Tony A	11 days
Jennifer	12 days + 5 clean & Jerk

