



CROSSFIT GIRLS:						
"Angie"		100 pull ups, 100 push ups, 100 sit ups, 100 squats				
Date:						
Time:						
Notes:						
"Annie"		50-40-30-20-10 double unders, sit ups				
Date:						
Time:						
Notes:						
"Barbara"		5 rounds: 20 pull ups, 30 push ups, 40 sit ups, 50 squats, 3 min rest between each round				
Date:						
Time:						
Notes:						
"Cindy"		AMRAP in 20 min: 5 pull ups, 10 push ups, 15 sit ups				
Date:						
Time:						
Notes:						
"Chelsea"		5 pull ups, 10 push ups, 15 squats, every minute on the minute for 30 min				
Date:						
Time:						
Notes:						
"Diane"		21-15-9 dead lifts (men: 225#, women: 155#), hand stand push ups				
Date:						
Time:						
Notes:						
"Elizabeth"		21-15-9 cleans (men: 135#, women: 95#), ring dips				
Date:						
Time:						
Notes:						
"Fran"		21-15-9 thrusters (men: 95#, women: 65#), pull ups				
Date:						
Time:						
Notes:						
"Grace"		30 reps of clean and jerk (men: 135#, women: 95#)				
Date:						
Time:						
Notes:						
"Helen"		3 rounds: 400m run, 21 k-bell swing (men: 24kg, women: 16kg), 12 pull ups				
Date:						
Time:						
Notes:						
"Isabel"		30 reps of snatch (men: 135#, women: 95#)				
Date:						
Time:						
Notes:						



"Jackie"		1000m row, 50 thrusters (45#), 30 pull ups				
Date:						
Time:						
Notes:						
"Karen"		150 wall ball (men: 20#, women: 12#)				
Date:						
Time:						
Notes:						
"Kelly"		5 rounds: 400m run, 30 box jumps (men: 24", women: 20"), 30 wall ball (men: 20#, women: 12#)				
Date:						
Time:						
Notes:						
"Linda"		10-9-8-7-6-5-4-3-2-1 reps of cleans (3/4 BW), bench press (BW), dead lift (1.5x BW)				
Date:						
Time:						
Notes:						
"Lynne"		5 rounds for max reps: bench press (men: BW, women: 1/2 BW), pull ups				
Date:						
Time:						
Notes:						
"Mary"		AMRAP in 20 min: 5 hand stand push ups, 10 1-legged squats, 15 pull ups				
Date:						
Time:						
Notes:						
"Nancy"		5 rounds: 400m run, 15 overhead squats (men: 95#, women: 65#)				
Date:						
Time:						
Notes:						
"Nicole"		AMRAP in 20 min: 400m run, max reps pull ups				
Date:						
Time:						
Notes:						
OTHER STANDARD CROSSFIT WORKOUTS:						
"Tabata This"		8 round of 20 secs work, 10 secs rest of each exercise: row, squat, pull ups, push ups, sit ups				
Date:						
Time:						
Notes:						
"Fight Gone Bad"		5x 1 min each, 1 min rest between rounds: wall ball (men: 20#, women: 14#), sumo dead lift high pull (men: 75#, women: 55#), box jump (20"), push press (men: 75#, women: 55#), row				
Date:						
Time:						
Notes:						



CROSSFIT HEROES:						
"Badger"		30 squat cleans (men: 95#, women: 65#), 30 pull ups, 800m run				
Date:						
Time:						
Notes:						
"Daniel"		50 pull ups, 400m run, 21 thrusters (men: 95#, women: 65#), 800m run, 21 thrusters, 400m run, 50 pull ups				
Date:						
Time:						
Notes:						
"Jason"		100 squats, 5 muscle ups, 75 squats, 10 muscle ups, 50 squats, 15 muscle ups, 25 squats, 20 muscle ups				
Date:						
Time:						
Notes:						
"Josh"		21 OH squats (men: 95#, women: 65#), 42 pull ups, 15 OH squats, 30 pull ups, 9 OH squats, 18 pull ups				
Date:						
Time:						
Notes:						
"Joshie"		21 d-bell snatch (right – 40#), 21 L-pull ups, 21 d-bell snatch (left), 21 L-pull ups				
Date:						
Time:						
Notes:						
"JT"		21-15-9 hand stand push ups, ring dips, push ups				
Date:						
Time:						
Notes:						
"Michael"		3 rounds: 800m run, 50 back extensions, 50 sit ups				
Date:						
Time:						
Notes:						
"Murph"		1 mile run, 100 pull ups, 200 push ups, 300 squats, 1 mile run				
Date:						
Time:						
Notes:						
"Nate"		AMRAP in 20 min: 2 muscle ups, 4 hand stand push ups, 8 k-bell swings (32 kg)				
Date:						
Time:						
Notes:						
"Randy"		75 reps power snatch (men: 75#, women: 55#)				
Date:						
Time:						
Notes:						



PERSONAL BENCHMARKS:						
Pull Ups						
Date:						
Time:						
Notes:						
Dips / Ring Dips						
Date:						
Time:						
Notes:						
Muscle Ups						
Date:						
Time:						
Notes:						
Rope Climb						
Date:						
Time:						
Notes:						
Push Ups						
Date:						
Time:						
Notes:						
Tabata Squats						
Date:						
Time:						
Notes:						
Sit Ups in 2 min						
Date:						
Time:						
Notes:						
Push Ups						
Date:						
Time:						
Notes:						
Hand Stand Push Ups						
Date:						
Time:						
Notes:						
"L" Sit						
Date:						
Time:						
Notes:						
Back Squat						
Date:						
Time:						
Notes:						

Front Squat						
Date:						
Time:						
Notes:						
Overhead Squat						
Date:						
Time:						
Notes:						
Deadlift						
Date:						
Time:						
Notes:						
Clean						
Date:						
Time:						
Notes:						
Bench Press						
Date:						
Time:						
Notes:						
500m row						
Date:						
Time:						
Notes:						
1000m row						
Date:						
Time:						
Notes:						
400m run						
Date:						
Time:						
Notes:						
800m run						
Date:						
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5 k run						
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Date:						
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