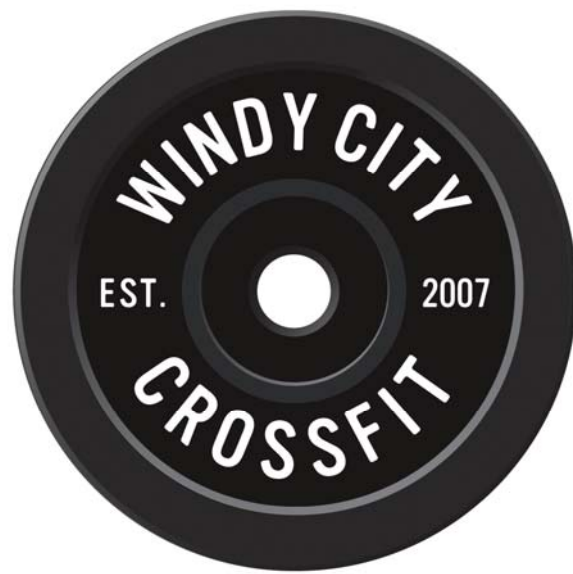


This log belongs to:

Windy City CrossFit



Personal Records

Named Workouts:

Grace:

30 reps for time:
Clean & Jerk, 135 lb (95 lb)

Date: Results: Modified:

Karen:

For time:
150 Wall-ball Shots, 20 lb (12 lb)

Date: Results: Modified:

Isabel:

30 reps for time:
Snatch, 135 lb (95 lb)

Date: Results: Modified:

Named Workouts:

Date: Results: Modified:

Date: Results: Modified:

Date: Results: Modified:

Named Workouts:

Date: Results: Modified:

Date: Results: Modified:

Date: Results: Modified:

Named Workouts:

Date: Results: Modified:

Date: Results: Modified:

Date: Results: Modified:

Personal Records:

Run:

Date:

Results:

Row:

Date:

Results:

Personal Records:

Pull-ups:

Date:

Results:

Push-ups:

Date:

Results:

Personal Records:

Dips:

Date: Results:

Bench:

Date: Results:

Personal Records:

Clean & Jerk:

Date: Results:

Snatch:

Date: Results:

Personal Records:

Deadlift:

Date: Results:

Press:

Date: Results:

Personal Records:

Front & Back Squat:

Date: Results:

Overhead Squat:

Date: Results:

Personal Records:

CrossFit Total:

Back Squat
Press
Deadlift

Date: Results:

Tactical Strength Challenge:

Deallift
Dead-hang Pull-up
5-minute Kettlebell Snatch, 24 kg (16 kg)

Date: Results:

Personal Records:

Date:

Results:

Date:

Results:

Personal Records:

Date:

Results:

Date:

Results:

Personal Records:

Date:

Results:

Date:

Results:

