

# Success Journal



<b>"Baseline"</b>		500m row, 40 squats, 30 situps, 20 pushups, 10 pullups				
Date:						
Time:						
Notes:						
<b>CROSSFIT GIRLS:</b>						
<b>"Angie"</b>		100 pull ups, 100 push ups, 100 sit ups, 100 squats				
Date:						
Time:						
Notes:						
<b>"Annie"</b>		50-40-30-20-10 double unders, sit ups				
Date:						
Time:						
Notes:						
<b>"Barbara"</b>		5 rounds: 20 pull ups, 30 push ups, 40 sit ups, 50 squats, 3 min rest between each round				
Date:						
Time:						
Notes:						
<b>"Cindy"</b>		AMRAP in 20 min: 5 pull ups, 10 push ups, 15 squats				
Date:						
Score:						
Notes:						
<b>"Chelsea"</b>		5 pull ups, 10 push ups, 15 squats, every minute on the minute for 30 min				
Date:						
Time:						
Notes:						
<b>"Diane"</b>		21-15-9 dead lifts (men: 225#, women: 155#), hand stand push ups				
Date:						
Time:						
Notes:						
<b>"Elizabeth"</b>		21-15-9 cleans (men: 135#, women: 95#), ring dips				
Date:						
Time:						
Notes:						
<b>"Fran"</b>		21-15-9 thrusters (men: 95#, women: 65#), pull ups				
Date:						
Time:						
Notes:						
<b>"Grace"</b>		30 reps of clean and jerk (men: 135#, women: 95#)				
Date:						
Time:						
Notes:						
<b>"Helen"</b>		3 rounds: 400m run, 21 k-bell swing (men: 24kg, women: 16kg), 12 pull ups				
Date:						
Time:						
Notes:						

# Success Journal



<b>"Isabel"</b>		30 reps of snatch (men: 135#, women: 95#)			
Date:					
Time:					
Notes:					
<b>"Jackie"</b>		1000m row, 50 thrusters (45#), 30 pull ups			
Date:					
Time:					
Notes:					
<b>"Karen"</b>		150 wall ball (men: 20#, women: 12#)			
Date:					
Time:					
Notes:					
<b>"Kelly"</b>		5 rounds: 400m run, 30 box jumps (men: 24", women: 20"), 30 wall ball (men: 20#, women: 12#)			
Date:					
Time:					
Notes:					
<b>"Linda"</b>		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:					
Score:					
Notes:					
<b>"Lynne"</b>		5 rounds for max reps: bench press (men: BW, women: 1/2 BW), pull ups			
Date:					
Time:					
Notes:					
<b>"Mary"</b>		AMRAP in 20 min: 5 hand stand push ups, 10 1-legged squats, 15 pull ups			
Date:					
Score:					
Notes:					
<b>"Nancy"</b>		5 rounds: 400m run, 15 overhead squats (men: 95#, women: 65#)			
Date:					
Time:					
Notes:					
<b>"Nicole"</b>		AMRAP in 20 min: 400m run, max reps pull ups			
Date:					
Score:					
Notes:					
<b>"Tabata This"</b>		8 round of 20 secs work, 10 secs rest of each exercise: row, squat, pull ups, push ups, sit ups			
Date:					
Time:					
Notes:					
<b>"Fight Gone Bad"</b>		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:					
Score:					
Notes:					
<b>CROSSFIT HEROES:</b>					

# Success Journal



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

# Success Journal



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

# Success Journal



<b>Front Squat</b>						
Date:						
Time:						
Notes:						
<b>Overhead Squat</b>						
Date:						
Time:						
Notes:						
<b>Deadlift</b>						
Date:						
Time:						
Notes:						
<b>Clean</b>						
Date:						
Time:						
Notes:						
<b>Jerk</b>						
Date:						
Time:						
Notes:						
<b>Bench Press</b>						
Date:						
Time:						
Notes:						
<b>500m row</b>						
Date:						
Time:						
Notes:						
<b>1000m row</b>						
Date:						
Time:						
Notes:						
<b>400m run</b>						
Date:						
Time:						
Notes:						
<b>800m run</b>						
Date:						
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Notes:						
<b>5K run</b>						
Date:						
Time:						
Notes:						

# Success Journal



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