

2013 Personal Records

January

Person	PR
Grace	1st Muscle-up!, Front Squat 165# x 2, Squat & Power Snatch 110#
Dr. Katie	Strict muscle-up (post-baby), 30 Muscle-ups 8:15
Ruth Fox	Double-unders 12
Jared H.	Power Snatch 215#, Isabel 2:40, Diane 3:38, Back Squat 405#
Craig	Snatch 168#, Jerk 215#
KBIII	Squat & Power Snatch 175#, Back Squat 305#, Hang Clean 205#, Split Jerk 235#, Squat Clean 235#, Left Leg Pistol!
Dusty	30 Muscle-ups 8:59
Camilla R.	Jerk 135# (20# PR), Push Press 120# (20# PR)
Rebecca G.	Jerk 70#
Brandi M.	Jerk 120# (25# PR)
Cindy H.	Jerk 80#
Rory	Jerk 210#, Front Squat 295#
Jake F.	Deadlift (5RM) 395#

February

Person	PR
Ruth	Double-unders 19
Andy	Strict muscle-up, Snatch Balance 135#, Front Squat 175#, Bear complex 115#, Back squat 210#, Press 125#, Deadlift 300#
Dean	Clean 205#, Clean & Jerk 185#, Bear Complex 125#, Back squat 295#, Press 140#, Deadlift 385#
Beth	Strict muscle-up, Double-unders 104
Jose	Double-unders 4
Jake F.	Press 141# (blue jean PR), Snatch 155#, Back Squat 335#
Aaron	Press 157#, Deadlift 405#
Jon	Front squat 220#, Back squat 251#, Deadlift 300#
Melissa	Back squat 140#, Press 75#, Deadlift 155#
Kelly M	Deadlift 200#, Press 92#
Katy V	Deadlift 200#
Grant	Squat 215#, Deadlift 335#
Roger	Deadlift 395#
Kim	Double-unders 19
Shely	Split jerk 185#, Hang power clean 175#

Molly	Double-unders 12
-------	------------------

March

Person	PR
Ruth	Double-unders 23, Strict pull-up
Andy	10K run 57:06
Oscar	Ring Muscle-Ups!
Yasmin	Bear Complex 75#
Jared H.	Squat Snatch 225#
Jake F.	Snatch 165#
Craig	Squat Snatch 170#
Fred	Rope Climbs 4, 15-rep Clean & Jerk 115#
Rory	Ring Muscle-Up
Shely	Squat Clean 170#, Snatch 130#, Unbroken Muscle-Ups 10
Grant	Double-unders 75
Austin	Ring Muscle-Up
Kim	Kipping Handstand Pushups (1 ab mat), Snatch 75#, 10K Run 57:07
Natalie	Rope Climb
Katrina	Clean & Jerk 95#

April

Person	PR
Ruth	Double-unders 39
Andy	Double-unders 15!, Press 135#, Back Squat 225, 1.5 mile run 10:45
Kelly	Split Jerk 130#
Korynne	1st Bar Muscle-Up + 27 more
Jared H.	Clean & Jerk 257.5#, Power Clean 260#
Jake F.	Deadlift 5RM 405#, 1RM 445#, Press 145#, Back Squat 345#
Craig	Squat Snatch 175# (bodyweight)
Fred	Deadlift 210#, Press 83#, Back Squat 155#
Roger	Deadlift 410#, Press 135#, Back Squat 335#
Shely	Chest-to-Bar Butterfly Pullups!, Push Press 140#, Deadlift 1RM 285#, 3RM 265#, Unbroken Handstand Pushups 36, Nate: 17 rounds, 2 Muscle-ups, 4 Handstand Pushups
Grant	Double-unders 101
Augusto	Bar Muscle-Up
Erika	Deadlift 200#, Double-unders 40
Dusty	Deadlift 375#, Press 160#, Back Squat 265#

Beth	Press 96#, Deadlift 220#
Jac	Back Squat 155#, Deadlift 195#, Double-unders 9
Brandi	Press 85#, Deadlift 205#
Hannah S.	Deadlift 185#, Press 75#, Back Squat 140#
Jon S.	Clean & Jerk 192#, Snatch 165#, Bar Muscle-Up
Camilla	Back Squat 205#, Deadlift 295#
Molly	Kipping Pullups 3
Aaron S.	Deadlift 420#, Press 157.5#, High-bar Back Squat 335#

May

Person	PR
Ruth	13.1 Mile Trail Run ("Rock on" Lake Perry) 11:32PR
Andy	Snatch Balance 155#, Double-unders 24
Shely	Ring Handstand Pushups, Clean & Jerk 170#, Power Clean from Floor 175#, Overhead Squat 165# x 2
Alexis	Bench Press 125#
Jared H.	Clean & Jerk 265#, Power Clean 275#, Push Press 245#
Molly	Double-unders 30
Erica	Double-unders 50
Hailey	Snatch 75#
Beth	Snatch Balance 125#
Dr. Katie	1-arm Dumbbell Squat Snatch 60# (right-arm only)
Avery	Muscle-Up

June

Person	PR
Ruth	1 Mile 6:38.8 (7:07 last year)
Andy	Overhead Squat 160#
Shely	Back Squat 215#, Snatch 135#, Clean & Jerk 180# (10# PR),
Aaron	Overhead Squat 265#
Jared H.	Jerk 275#, 500m row 1:29.7
Molly	Double-unders 40
Dusty	Power Clean 225#, Overhead Squat 200#
Hailey	Split Jerk 95#, Kipping Handstand Pushups, Clean 100#

July

Person	PR
Ruth	First Rope Climb (3 total)
Marty V	Deadlift 130# (10# PR)
Cindy H	Deadlift 180# (15# PR)
Aaron	Handstand walk 48-ft
Jaq	First Rope Climbs
Molly	Double-unders 50
Dusty	Power Clean 235#, 30 muscle-ups for time 6:21
Kim	Double-unders 50
Keith	First muscle-up, Press 106#

August

Person	PR
Aaron	Deadlift 425#, Press 160#, HB Back Squat 345
Lindsay	Deadlift 175#, 6 kipping pullups, Front Squat 125#, Back Squat 130#
Beth	Strict muscle-up!
Grant	Snatch 145#
Katy	Clean & Jerk 120#
Dusty	Clean & Jerk 225#
Jared H	Snatch 235#
Kim	Clean & Jerk 100#
Jaq	Push Press 70#, Deadlift 215#
Jake F	3 RM Power Clean 225#, 5RM Bench Press 205#, 3RM chinups 50#
Erika	5RM Front Squat 105#, 5 RM Squat Clean 95#, 3RM Thruster 95#, Snatch 80#, Deadlift 225#, Clean & Jerk 100#
Rory	3RM Overhead Squat 135#
Kyle	HB Back Squat 325#, Front Squat 275# (159# bodyweight)
Molly	Back Squat 155#, Press 97#, Deadlift 220#, Double-unders 60
Keith	Back Squat 240#, Deadlift 280#
Austin	Back Squat 260#
Roger	Deadlift 435#
Jose	Deadlift 240#, Back Squat 195#

October

Person	PR
Ali	Double-unders, 1 Bar Muscle-up, Deadlift 255#
Andy	Power Clean 185#, Weighted Bar Muscle-up 20#

Austin	Power Clean 190#, Deadlift 315#
Becky	Deadlift 225#
Christian L.	Power Clean 185#, Deadlift 295#, Front Squat 180#
Ian	Power Clean 185#
Jac	Deadlift 225#
Jake F.	Clean 245#, Front Squat 300#, Clean & Jerk 230#, Jerk 235#, 3RM Bench 225#, Back Squat 385#, 10RM Deadlift 350#, Max Pullups 34
Jon S.	Back Squat 315#
Jake F	3 RM Power Clean 225#, 5RM Bench Press 205#, 3RM chinups 50#
Kai	Deadlift 170#
Kyle	Snatch 170#
Lindsay	Front Squat 135#, Back Squat 155#, Banded Bar Muscle-Up, Deadlift 195#
Matt	Back Squat 290#, Press 155#, Deadlift 365#
Roger	Back Squat 365#, Deadlift 455#
Steph	Deadlift 180#

November

Person	PR
Ali	Clean 135#
Aricca	Deadlift 105#
Christian	Back Squat 205#
Fred	Ring dip (backup)
Jake	5 RM Deadlift 420#, 5RM High Bar Back Squat 315#
Jon	Clean & Jerk 98kg (216#)
Kai	Power Snatch 75#
Lindsay	Front Squat 140#
Molly	Deadlift 225#
Ruth	2-abmat Handstand Pushups 4, 1-abmat Handstand Pushups 2
Sara Mc	Rope Climbs 6

December

Person	PR
Natalie	First Rx workout of the year!
Ruth	Runderland 5K 24:31 (18sec PR), Bar Muscle-up (green band), Ring dip
Kyle A.	2RM Pushpress 176#, Powerclean 231#, 2RM Snatch 165#, Press 140#
Jake F.	200m sprint 22.2sec
Andy	Thruster 165#, 5RM Thruster 140#, Fran 6:45, 7-bodyweight Bench Press 175#

Fred	Right leg pistols 2, 5RM Thruster 85#, Ring dips 2, Bar Muscleups (green band) 2
Erika	Thruster 105#, Double-unders 60
Lindsay	Deadlift 205#, Back squat 165#
Hailey	Deadlift 160#, Snatch 80#
Wyatt	Dot drill 56
Jack	Dot drill 48
Clara	Dot drill 58
Becky	3RM Press 70#
Jac	Double-unders 34
Jon	4RM Front Squat 240#, 2RM Snatch 176#
Aaron S.	Thruster 225#
Roger	Fran 7:36
Grant	Fran 4:44
Austin	Fran 7:20
Ryan	Fran 6:54
Craig	Back Squat 300#