

K-STATE CROSSFIT 2014 PERSONAL RECORDS

Person	February	March	Summer	August	September	October	November	December
Alaina	Handstand							
Alexis			Press 110#, Ring Muscle-ups			Split Jerk 181#	Ring Muscle-Ups!	
Ali				6 3/4" Deficit Handstand Pushups, Double-Unders 115	Annie 5:13, Double-unders 166	Double-Unders 190, Triple-Unders 5, Press 130#, Overhead Squat 155#, Front Squat 205#		Power Snatch 135#
Andy	Weighted Ring Dip 55#, Front Squat 195#							Back Squat 3x200#
Avery						Pull-ups 16		
Becky	Front Squat 130#		Deadlift 230#, Front Squat 120#		Back Squat 220#			
Charlie	Front Squat 305#							
Christian			Strict Handstand Pushups 2, Jerk 175#	Back Squat 2x205#	Snatch Balance 145#, Squat Snatch 135#	Fran 7:23	Back Squat 235#	Back Squat 3x210#, Sumo Deadlift 3x255#
Clara		Pistols						
Craig		Front Squat 3x230#						
Dan			Double-unders 2!!					
David							Back Squat 250#	
Debbie						Deadlift 185#, Pull-ups 14		
Delaney						Pull-ups 8		
Erika	Strict Pullups 5, Ring dip (achieved 2014 goal!)	Handstand Walk 6' (achieved 2014 goal!)						
Evan						Back Squat 300#, Strict Handstand Pushup		5K Row 18:57
Hailey	Back Squat 145#, Front Squat 120#, Clean 105#	Snatch 85#						
Gina								Double-unders 25
Jac	Ring dip (achieved 2014 goal!)							
Jake	Back Squat 3x5 395#	Back Squat 3x5 410#, Deadlift 1X5 455#, Strict Press 3x5 145#, Bench Press 3x5 220#		Fran 3:41, Squat Clean 3x236#, Front Squat 5x285#	Butterfly Chest-to-bar Pullups 13, Front Squat 3x315#, 2x335#, Bench Press 3x255#, Helen 9:27, ECAF 3006m	11' Deficit Handstand Push-up, Deadlift 5x465# 3x485# 1x500#, Fran 2:29, Bear Complex 155#, Cindy 23 rounds + 10 squats, Fight Gone Bad 338 reps, Bench Press 5X225# 3x245# 1x265#, Clean 3x245# 1x265#, Back Squat 1x425#, Press 2x165# 1x175#, Front Squat 5x300#, 3x340#, 1x355#	500m row 1:30.5, Clean & Jerk 245#, Front Squat 5X315#, Snatch 175#	5K Row 21:12, Squat Clean 275#, Squat Snatch 185#, Grace 3:10, Jerk 265#, Back Squat 455#, Push Press 3x215#
Jared			Snatch 261#, Back Squat x2 407#, Front Squat x3 374#		Back Squat 425#, Front Squat 405#, Snatch 270#, Shoulder Press 180#			
Jason					Back Squat 205#	Rope Climb, Overhead Squat 2x115#, Thruster 135#		
John								5K Row 19:08
Jose						Front Squat 3x185# 2x195#		Double-unders 123
Kai	Deadlift 210#					Front Squat 3x135#, Deadlift 225#, Overhead Squat 2x100#	Double-Unders 11, Jerk 115#	Kipping Pull-ups 4

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Kari			Strict Pullups 2		Strict Pullups 6, Helen Rx, Back Squat 180#	Front Squat 3x135#, Deadlift 210#, Overhead Squat 2x90#, Thruster 115#	Split Jerk 125#	Double-unders 24 (total)!!, Rope Climb, Back Squat 3x160#
Katie			Annie 5:15		Good Mornings 5x110#			
Kendall						Chest-to-Bar Pull-ups 2	Rx WOD Post Baby (2014 Goal Achieved!)	Bar Muscle-up!
Kim			First Rx Post-Baby WoD (7/15/14 - 2014 Goal!)					
Laura		Deadlift 215#						
Lindsay	Overhead Squat 85#, Bar Muscle-ups (blue band) 3, Handstand Pushup (1 abmat)	Strict Chin-Up, Pistols, Press 3x5 70#, Deadlift 3x5 165#, Back Squat 3x5 140#, Front Squat 110#	Strict Handstand Pushups 2, Hang Clean 120#, Jerk 105#, Back Squat 175#, Annie 7:39	Toes-2-Bar 10, Double-Unders 20x5, Annie 7:32		Ring Dip, Press 80#, Toes-to-Bar 10, Overhead Squat 2x110#, Thruster 105#	Jerk 115#	Double-unders 60, Annie 6:58
Lindsey							Deadlift 2x135#	
Logan						Press 185#		Double-unders 22 (total)
Lori		Deadlift 100#						
Lynn		Deadlift 135#						
Mary						Deadlift 185#		
Mary C							Jerk 75#	Double-unders 5 (total), Back Squat 125#
Mary R								Back Squat 3x150#
Megan		Double-unders 8	Overhead Squat 80#	Kipping Pullups 30 (total in a workout)		Double-Unders 33, Overhead Squat 2x90#, Thruster 115#	Split Jerk 130#, Squat Clean 130#	Annie 8:57, Double-unders 41
Michelle	Snatch 80#		Jumping Bar Muscle-up, Front Squat 135#	Front Squat 145#	Clean 2x125#, Bench Press 110#, Mile run 8:15	Deadlift 205#, Double-Unders 40, Front Squat 3x150#, Bear Complex 100#, Bench Press 125#		
Mikah						Deadlift 5x190#		Double-unders 77, Bar Muscle-up!!
Molly	Ring dips 3, Front Squat 145#							
Pete				Double-Unders 3		Double-Unders 9, Ring Muscle-Up! Bar Muscle-Up!		
Rommi	Front Squats 265#	Deadlift 425#	Push Jerk 215#, Front Squat 285#, Pistols	Legless Rope Climb, Overhead Squat 155#	Shoulder Press 175#	Deadlift 450#	Stone Press 135#, Press 185#	
Ruth			Double-unders 50					
Sarah								Double-unders 21 (total)
Tanya			Double-unders 10		Kipping Pullups! 36 in a workout!			
Toni								Double-unders 6 (total)
Yasmin					Back Squat 175#	Pull-ups 100 in workout, Overhead Squat 45#, Thruster 60#		