CROSSFIT SIOUX FALLS

Personal Records

DEADLIFT X 5	DATE

DEADLIFT X 3	DATE

DEADLIFT X 1	DATE

NOTES:

B. SQUAT X 5	DATE

B. SQUAT X 3	DATE

B. SQUAT X 1	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

FR SQUAT X 5	DATE

FR SQUAT X 3	DATE

FR SQUAT X 1	DATE

NOTES:

OH SQUAT X 5	DATE

OH SQUAT X 3	DATE

OH SQUAT X 1	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

PRESS X 5	DATE

PRESS X 3	DATE

PRESS X 1	DATE

NOTES:

PSH PRESS X 5	DATE

PSH PRESS X 3	DATE

PSH PRESS X 1	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

PUSH JERK X 5	DATE

PUSH JERK X 3	DATE

PUSH JERK X 1	DATE

NOTES:

MAX JERK X 5	DATE

MAX JERK X 3	DATE

MAX JERK X 1	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

PWR CLEAN X5	DATE

PWR CLEAN X3	DATE

PWR CLEAN X1	DATE

NOTES:

CLEAN X 5	DATE

CLEAN X 3	DATE

CLEAN X 1	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

SNATCH X 5	DATE

SNATCH X 3	DATE

SNATCH X 1	DATE

NOTES:

CLEAN/JERK X5	DATE

CLEAN/JERK X3	DATE

CLEAN/JERK X1	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

THRUSTER X 5	DATE

THRUSTER X 3	DATE

THRUSTER X 1	DATE

NOTES:

	DATE

	DATE

	DATE

NOTES:

CROSSFIT SIOUX FALLS

Personal Records

	DATE

	DATE

	DATE

NOTES:

	DATE

	DATE

	DATE

NOTES:

Personal Records

	DATE

	DATE

	DATE

NOTES:

	DATE

	DATE

	DATE

NOTES: