

CrossFit Youngstown Benchmark WOD Checklist

WOD	T	PR	Goal	Goal	Goal	Goal	Goal	Goal	Goal	Goal	Goal	Goal	Goal
Angie	A												
Barbara	A												
Cindy	A												
Diane	AB												
Elizabeth	AB												
Fran	AB												
Grace	B												
Helen	ABC												
Isabel	B												
Jackie	ABC												
Karen	B												
Linda	B												
Mary	A												
Nancy	BC												
Annie	AC												
Eva	ABC												
Kelly	ABC												
Nicole	AC												
Amanda	AB												

T=Type. A=Gymnastics. B=Weightlifting. C=Mono-structural. PR=Personal Record. Goal=Next step to accomplish. Trainer checks off new PRs!