

Improvement Pool, Starting Results
CrossFit Santa Cruz

Results As of: Nov 29th

| First | Last | Workout | Result | Modifications |
|------------------|-----------------|----------------|---------------|---|
| Annabelle | Hartman | 1 Frellen | 24:38:00 | |
| | | 2 2k Row | 9:00:00 | |
| | | 3 OH Squat x3 | 43 lb | |
| | | 4 Clean & Jerk | 74 lb | |
| | | 5 Diane | 8:48 | |
| | | 6 Cindy | 11.00 | Rubber band pull-ups, rubber band push-ups (double red) |
| Benjamin | Sims | 1 Frellen | 17:12:00 | 600 m run, 75# thrusters x 15, pull-ups x 15, 3 rounds |
| | | 2 2k Row | 7:54:02 | |
| | | 3 OH Squat x3 | 125 lb | |
| | | 4 Clean & Jerk | 145 lb | |
| | | 5 Diane | 5:50 | 225# deads, parallettes for hspus |
| | | 6 Cindy | 12 | Rnd 1-5 Rx, 6-8 Knee p.u., 9-12 Jumping & knees |
| Beth | Dorsey | 1 Frellen | | |
| | | 2 2k Row | 8:24:00 | |
| | | 3 OH Squat x3 | 83 lb | |
| | | 4 Clean & Jerk | 83 lb | |
| | | 5 Diane | 6:00 | 123# DL, 20# sh. Press |
| | | 6 Cindy | 13.167 | 1st rnd Rx, then Knee push |
| Beth | Sorauf | 1 Frellen | 25:43:00 | |
| | | 2 2k Row | 9:45:00 | |
| | | 3 OH Squat x3 | | |
| | | 4 Clean & Jerk | 65 lb | clean and jerk |
| | | 5 Diane | 7:35:00 | dl 103lbs push press 20 lbs, 15, 15lbs |
| | | 6 Cindy | | |
| Brian | O'Regan | 1 Frellen | | |
| | | 2 2k Row | | |
| | | 3 OH Squat x3 | | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Cara | Hipskind | 1 Frellen | 24:58:00 | Rx'd, rode bike 1 mile instead of run |
| | | 2 2k Row | 8:01:00 | |
| | | 3 OH Squat x3 | 113 lb | |
| | | 4 Clean & Jerk | 123 lb | |
| | | 5 Diane | 12:26 | |
| | | 6 Cindy | 17.00 | |
| Carole | Mulford | 1 Frellen | 18:00:00 | 3 Rnds, 400m Run, 15 45#, 15 purple band |
| | | 2 2k Row | 9:46:00 | |
| | | 3 OH Squat x3 | 63 lb | Front Squat x3 |
| | | 4 Clean & Jerk | 53 lb | |
| | | 5 Diane | 5:20 | 72# DL. Push Up |
| | | 6 Cindy | 13.00 | purple band, knee push ups |
| Chris | Cobb | 1 Frellen | 24:58:00 | 4 Rnds Rx'd |
| | | 2 2k Row | 7:38:00 | |
| | | 3 OH Squat x3 | 95 lb | |
| | | 4 Clean & Jerk | 175 lb | |
| | | 5 Diane | 8:01 | DL 165# 21-15-9, HSPU 15-9-6 |

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| | | 6 Cindy | 15.60 | |
| Christa | Fraser | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 24:51:00 9:48:00 78 lb 98 lb 5:31 | 55# thrusters 123# DL, HSPU w/ parallel bars |
| Cynthia | Cornelius | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 13:00:00 | 4 Rnds, 33#, ring Row |
| Danielle | Mulford | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 27:17:00 9:30:00 113 lb 123 lb 6:54 17.73 | 123#DL, Green & Purple Bands |
| Dave | Cianciulli | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 21:30:00 | 3 Rnds, Rx'd 155 lb |
| David | Leys | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 22:35:00 6:53:00 205 lb 245 lb 7:17 21.00 | |
| Dawn | O'Regan | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 19:48:00 8:36:00 58 lb 83 lb 9:36 11.00 | 4 Rnds, 400m / 10 FS. / Ring Row 123 lb. DL, 45 lb. OHP purple band for pull-ups, 2 Rnd full push-ups, remainder on knees |
| Diana | Smith | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 25:38:00 9:18:00 83 lb 93 lb 9:16 10.27 | 4 rounds, 43 pds thruster x 15, 15 pull ups, 600 m run HSPU w/ bands - green and purple, 103# deadlift |
| Dietrich | Brandt | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 21:38:00 7:13:00 115 lb 190 lb 9:10 14.00 | 4 rounds at 67lbs 185lbs DL, 45lbs dumbbell shoulder press |
| Duffy | McGinn | 1 Frellen | | |

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| | | 2 2k Row | | |
| | | 3 OH Squat x3 | 155 lb | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Hannah | Halpern | 1 Frellen | 18:20:00 | 4 rounds 400m run 10 43# thrusters 10 pull ups |
| | | 2 2k Row | 9:32:00 | |
| | | 3 OH Squat x3 | 70 lb | |
| | | 4 Clean & Jerk | 95 lb | Clean and jerk |
| | | 5 Diane | 12:32 | Diane with 93# dl and green bands for hspu |
| | | 6 Cindy | 11.33 | Knee pushups |
| Heather | MacDougall | 1 Frellen | 21:15:00 | 5 Rnds, 400m / 10 53# F.S. / 10 |
| | | 2 2k Row | 8:41:00 | |
| | | 3 OH Squat x3 | 87 lb | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Hollis | Molloy | 1 Frellen | 26:59:00 | |
| | | 2 2k Row | 7:39:00 | |
| | | 3 OH Squat x3 | 190 lb | |
| | | 4 Clean & Jerk | 218 lb | |
| | | 5 Diane | 7:11 | |
| | | 6 Cindy | 18.43 | |
| Jama | Stratton | 1 Frellen | 24:30:00 | 65# thrusters |
| | | 2 2k Row | 8:16:00 | , Damper on 5 |
| | | 3 OH Squat x3 | 108 lb | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | 6:33 | Right Arm Shldr Press @ 20 #'s, 155 # Dead, 20# shldr Press |
| | | 6 Cindy | | |
| Jennifer | Ramirez | 1 Frellen | | |
| | | 2 2k Row | 11:08:00 | |
| | | 3 OH Squat x3 | | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Jesse | Baz | 1 Frellen | 21:48:00 | Rx'd |
| | | 2 2k Row | 07:18.6 | |
| | | 3 OH Squat x3 | 175 lb | |
| | | 4 Clean & Jerk | 210 lb | |
| | | 5 Diane | 3:25 | |
| | | 6 Cindy | 25.00 | |
| Kevin | Golden | 1 Frellen | 34:00:00 | Run Same, 77 lb thrusters x 10, 10 pull ups |
| | | 2 2k Row | 07:20.9 | |
| | | 3 OH Squat x3 | 135 lb | |
| | | 4 Clean & Jerk | 175 lb | |
| | | 5 Diane | 12:31 | 175 lb deadlift 35 lb dumbbell shoulder press |
| | | 6 Cindy | 10.13 | 4 Rnds regular pushups, then knees up, plank down |
| Kristy | Amory | 1 Frellen | 19:23:00 | 53# thrusters, 400m run |
| | | 2 2k Row | 8:52:00 | |
| | | 3 OH Squat x3 | 58 lb | |
| | | 4 Clean & Jerk | 93 lb | |

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| | | 5 Diane | 12:16 | used bands for the HSPU and 103# DL |
| | | 6 Cindy | 12.33 | knee pushups |
| Kyle | Robertson | 1 Frellen | 24:19:00 | 4 rounds x 10 reps each round, 400 meter run each round |
| | | 2 2k Row | 7:07:00 | |
| | | 3 OH Squat x3 | 135 lb | |
| | | 4 Clean & Jerk | 195 lb | |
| | | 5 Diane | 12:45 | HSPU - used blue and green band on highest pull up bar |
| | | 6 Cindy | 10.07 | |
| Laurie | Galassi | 1 Frellen | 33:52:00 | |
| | | 2 2k Row | 8:45:00 | |
| | | 3 OH Squat x3 | 118 lb | |
| | | 4 Clean & Jerk | 138 lb | |
| | | 5 Diane | 5:08 | |
| | | 6 Cindy | 18.00 | |
| Leif | Edmundson | 1 Frellen | 25:28:00 | |
| | | 2 2k Row | 6:51:00 | |
| | | 3 OH Squat x3 | 165 lb | |
| | | 4 Clean & Jerk | 225 lb | |
| | | 5 Diane | 15:18 | |
| | | 6 Cindy | 18.67 | |
| Lucas | Zepeda | 1 Frellen | 21:43:00 | |
| | | 2 2k Row | 6:49:00 | |
| | | 3 OH Squat x3 | 185 lb | |
| | | 4 Clean & Jerk | 195 lb | |
| | | 5 Diane | 6:15 | |
| | | 6 Cindy | 24.00 | |
| Mary | Hegeler | 1 Frellen | 20:26:00 | Modified: 4 rounds of 600, 10, 10 - 44 lbs, purple band |
| | | 2 2k Row | 9:18:00 | |
| | | 3 OH Squat x3 | 53 lb | |
| | | 4 Clean & Jerk | 78 lb | |
| | | 5 Diane | 7:43 | 123 lb / HSPU using two big light green bands |
| | | 6 Cindy | 11.53 | Purple band; knee push-ups. |
| Matthew | Bischel | 1 Frellen | 18:34:00 | rx |
| | | 2 2k Row | | |
| | | 3 OH Squat x3 | 205 lb | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Olivia | Cheriton | 1 Frellen | 28:29:00 | |
| | | 2 2k Row | 8:19:00 | |
| | | 3 OH Squat x3 | 128 lb | |
| | | 4 Clean & Jerk | 138 lb | |
| | | 5 Diane | 7:39 | |
| | | 6 Cindy | 19.57 | |
| Pat | Reilly | 1 Frellen | 28:40:00 | 4 Rnds @65# + Run |
| | | 2 2k Row | | |
| | | 3 OH Squat x3 | | |
| | | 4 Clean & Jerk | | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Rachel | Spencer | | | |

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| | | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 15:00:00 | 3 Rnds, 300m / 10 25# / 10 |
| Rebecca | London | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | | |
| Rob | Walker | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 19:26:00 6:57:00 | 3 Rnds, 65#, Row 600m @ Level 4 Level 4 resistance |
| | | | 135 lb | 95 lbs, 105 lbs, 115 lbs, 135 lbs, 115 lbs, 115 lbs, and 115 lbs |
| | | | 6:16 | 30 lbs sh. press, Rnd 15 shoulder press: last 5 were pushups. |
| | | | 16.00 | |
| Ryan | Dilloughery | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 7:42:00 | |
| | | | 75 lb | |
| | | | 135 lb | |
| | | | 10:00 | 165# DL, HSPU w/ dip bar |
| | | | 12.00 | |
| Sarah | Edmundson | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 21:40:00 | 4 Rnds, 400/10 33# / 10 Big Pink |
| Sarah | Overton | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | | |
| Scott | Amory | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 25:57:00 6:37:00 | All Rx'd except for only 4 rounds. |
| | | | 165 lb | |
| | | | 195 lb | |
| | | | 13:46 | set of 21 HSPU on bands other sets on dip bars |
| | | | 11.53 | |
| Sean | Dilloughery | 1 Frellen 2 2k Row 3 OH Squat x3 4 Clean & Jerk 5 Diane 6 Cindy | 22:45:00 07:19.8 | 4 Rnds, Rx'd |
| | | | 135 lb | |
| | | | 160 lb | |
| | | | 9:42 | Deadlift 205lbs., Rubber band assisted Handstand push-ups |
| | | | 16.00 | |
| Sharon | Block | 1 Frellen 2 2k Row 3 OH Squat x3 | 23:40:00 | 3 rnds, RX |

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| | | 4 Clean & Jerk | 78 lb | |
| | | 5 Diane | | |
| | | 6 Cindy | | |
| Sonny | Jin | 1 Frellen | 20:13:00 | Used 20 lb dumb bells for the thrusters. |
| | | 2 2k Row | 7:41:00 | |
| | | 3 OH Squat x3 | 125 lb | |
| | | 4 Clean & Jerk | 145 lb | |
| | | 5 Diane | 6:02 | 175# DL, green and Red Band on 2nd to lowest bar |
| | | 6 Cindy | 17.37 | |
| Stacey | Cushman | 1 Frellen | 18:29:00 | 400m run, 10 front squat (55lbs), 10 ring rows, x4 |
| | | 2 2k Row | 8:58:00 | |
| | | 3 OH Squat x3 | 83 lb | Front squat instead |
| | | 4 Clean & Jerk | 33 lb | 33lbs for all 7 rounds |
| | | 5 Diane | 5:59 | Deadlift (103), Push up |
| | | 6 Cindy | 15.00 | no pull up. Ring row instead |
| Stephen | Gardner | 1 Frellen | 24:39:00 | |
| | | 2 2k Row | 7:30:00 | |
| | | 3 OH Squat x3 | 185 lb | |
| | | 4 Clean & Jerk | 205 lb | |
| | | 5 Diane | 5:40 | |
| | | 6 Cindy | 25.00 | |
| Suzanne | de Beaumont | 1 Frellen | 18:04:00 | 4 rounds, row 600, 10 thrusters 22#, 10 pull w/ green band |
| | | 2 2k Row | 10:50:00 | |
| | | 3 OH Squat x3 | 51 lb | Front squats, 5 reps. |
| | | 4 Clean & Jerk | 44 lb | side step squat clean |
| | | 5 Diane | 5:51 | deadlift 65 # shoulder press 10# dumb bells. "Diane" |
| | | 6 Cindy | 9.00 | pull ups with green band, push ups with green and purple bands |
| Teresa | Bell | 1 Frellen | 23:48:00 | 4 Rnds, 53#, 10 pull ups |
| | | 2 2k Row | 8:35:00 | |
| | | 3 OH Squat x3 | 93 lb | |
| | | 4 Clean & Jerk | 83 lb | |
| | | 5 Diane | 6:18 | 113#, 20lb ea. DB press |
| | | 6 Cindy | 12.00 | 6rnds Rx, then knee push |
| Tyler | Hinz | 1 Frellen | 24:30:00 | |
| | | 2 2k Row | 7:18:00 | |
| | | 3 OH Squat x3 | 205 lb | |
| | | 4 Clean & Jerk | 195 lb | |
| | | 5 Diane | 6:44 | |
| | | 6 Cindy | 19.40 | |
| Wes | Hansen | 1 Frellen | 22:04:00 | Completed four rounds with 65lb thrusters. |
| | | 2 2k Row | 8:33:30 | |
| | | 3 OH Squat x3 | 675 lb | |
| | | 4 Clean & Jerk | 145 lb | Clean and Jerk |
| | | 5 Diane | 7:02 | 165 deadlift |
| | | 6 Cindy | 18.00 | |