

Adult Fitness / Boot Camp



MAXES

Dirty Dozen				May 09																
Name	Age	SF	%BF	Kn1	Wall	Chuck	Wt'd	leg	thrust	4-step	Qk	box	MB	Squat	Jump	pull	ups	Bench	(1/2bw)	Total
Adam K	35			46	46	46	52	21	69	66	25	19	49	41	28	8				470
Becky N	41	111	32.9	38	36	35	40	60	59	40	40	23	35	26	20					452
Becky N	41			46	43	43	43	54	60	40	34	30	31	17	19					460
Brian G	29			76	66	67	60	83	74	33	39	37	36	19	20					610
Chad O	35	114	32	45	41	33	22	52	56	33	34	20	19	12	8					375
Dan C	40	67	20.8	40	36	32	28	62	64	20	25	25	19	32	13					396
Diane H	53	77	30	38	44	45	45	67	70	36	38	39	50	20	12					504
Donna Sh	42	70	23.4	53	52	54	58	68	75	55	54	35	30	25	20					579
Doug O	42			68	60	67	65	76	70	51	50	63	53	53	34					710
Jenn C	32	111	37.3																	
Katie C	20	70	25.1	42	45	33	36	59	63	18	13	31	26	5	4					375
Markese F	32			39	43	90	75	63	44	2	0	67	64	35	12					534
Natalie W	26			56	58	94	97	87	89	72	60	63	69	36	26					807
Norma G	38	66	25.3	45	54	50	51	55	59	52	55	35	33	20	18					527
Peter H	53	80	26.5	53	41	40	40	63	65	36	38	32	37	10	8					463
Peter P	39	55	17.4	56	49	39	32	58	64	37	32	20	20	30	17					454
Serene H	40			51	54	39	30	53	55	38	16	30	33	25	30					454
Teresa S	30	75	27.5	37	45	47	44	68	66	33	33	24	28	7	5					437
Kramer Y	18	63	17	48	50	54	53	90	90	50	50	35	43	36	24					623
Weston E	16	47	14	44	46	97	74	79	82	39	37	47	72	19	10					646
Tyler	16	64	17	42	40	55	40	74	76	27	35	31	35	12	5					472

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Name	Age	SF	%BF	KnI Wall Chuck	Wt'd leg thrust	4-step/Qk box	MB Squat	Jump pull ups	Bench (1/2bw)	Total
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MAXES

Dirty Dozen				Apr. 09 - May 09											
Name	Age	SF	%BF												
Apr. 09				VJ	Hurdle hops		MB chucks								
Peter P	39	69	21.6	19.6		86		69							
Norma G	38	66	25.3	14.8		97		66							
Christine P	36	108	36.9	13.1	12.3	106	110	53	58	39BF	Apr				
Dustin S	34	100	28.6	20.1		92		70							
Sarah G	36	75	27.8	13.8		76		42							
Teresa S	30	80	28.9	14.6		94		50							
Liz R	31	118	38.7	13.6		106		48							
Doug O	42	66	20.8	20.5		111		65							
Laurie P	34	102	35.4	14.9	15	88	85	57	58	36.1BF	Apr				
Jenn C	32	107	36.6	12.7		44		72							
Kelly G	42	59	23.4	14.6		50		74							
Brian G	29	66	19.6	22.4		83		106							
Serene H	39	94	33.3	10.2				51							
May-09															
Name	Age	SF	%BF	Knl Wall Chuck	Wt'd leg thrust	4-step/Qk box	MB Squat	Jump pull ups	Bench (1/2bw)	Total					



MAXES

Dirty Dozen				Mar. 09 - Apr. 09							
Name	Age	SF	%BF				MB Squat	Jump pull ups	Bench (1/2bw)	Total	
Apr. 09				VJ	Hurdle hops	MB chucks					
Peter P	39	69	21.6	19.6	86	69					
Norma G	38	66	25.3	14.8	97	66					
Christine P	36	108	36.9	13.1	106	53					
Dustin S	34	100	28.6	20.1	92	70					
Sarah G	36	75	27.8	13.8	76	42					
Teresa S	30	80	28.9	14.6	94	50					
Liz R	31	118	38.7	13.6	106	48					
Doug O	42	66	20.8	20.5	111	65					
Laurie P	34	102	35.4	14.9	88	57					
Jenn C	32	107	36.6	12.7	44	72					
Kelly G	42	59	23.4	14.6	50	74					
Brian G	29	66	19.6	22.4	83	106					
Serene H	39	94	33.3	10.2		51					
Mar. 09											
Chelsey B	24	60	22.5	14.9	102	51					
Christine P	36	117	39	11.8	100	46					
Coral N	34	91	32.2	13.6	86	60					
Cory B				24.7	110	75					
Donna S	42	58	22.3	kn	101	53					
Laurie P	34	105	36.1	13	82	45					
Melissa A	50	60	23.1	14.6	121	53					
Natalie Z	22	78	27.9	13.9	86	64					
Nickole A	27	107	36.3								
Teresa S	30	74	27.3	13.6	91	52					
Name	Age	SF	%BF	KnI Wall Chuck	Wt'd leg thrust	4-step/Qk box	MB Squat	Jump pull ups	Bench (1/2bw)	Total	



MAXES

Dirty Dozen				Feb. 09 - Mar. 09							
Name	Age	SF	%BF	KnI Wall Chuck	Wt'd leg thrust	4-step/Qk box	MB Squat	Jump pull ups	Bench (1/2bw)	Total	
Feb. 09				VJ	Hurdle hops	MB chucks					
Brian G	28	70	20.4	24	105	74					
Coral N	34	94	33	12.3	77	45					
Courtney F	36	89	32.2	16.4	100	65					
Donna S	42	56	22.3	13	90	55					
Doug O	42	70	21.6	19.5	95	62					
Karen T	34	96	33.8	12.8	76	44					
Melissa A	50	64	25	12.5	94	47					
Michael N	33	92	29.2	15.5	95	52					
Norma G	38	67	25.3	13.3	91	51					
Phil M	50	98	31.4	12.7	57	56					
Stacey M	30	107	36.6	13.1	74	46					
Teresa S	30	76	27.3	13	72	55					
Mar. 09											
Chelsey B	24	60	22.5	14.9	102	51					
Christine P	36	117	39	11.8	100	46					
Coral N	34	91	32.2	13.6	86	60					
Cory B				24.7	110	75					
Donna S	42	58	22.3	kn	101	53					
Laurie P	34	105	36.1	13	82	45					
Melissa A	50	60	23.1	14.6	121	53					
Natalie Z	22	78	27.9	13.9	86	64					
Nickole A	27	107	36.3								
Teresa S	30	74	27.3	13.6	91	52					
Name	Age	SF	%BF	KnI Wall Chuck	Wt'd leg thrust	4-step/Qk box	MB Squat	Jump pull ups	Bench (1/2bw)	Total	

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MAXES

Dirty Dozen				Nov. 08														
Name	Age	SF	%BF	Kn1	Wall	Chuck	Wt'd leg	thrust	4-step/Qk	box	MB	Squat	Jump	pull	ups	Bench	(1/2bw)	Total
Oct. 2008																		
Beau B	28	87	25.1															
Beau C	27	53	15.7															
Cindy H	41	66	25.3															
Donna S	42	60	23.4															
Doug O	41	66	20.8															
Laurie J	46	84	31.1															
Matt R	36	70	21															
Norma G	38	80	29.9															
Reif C	30	85	24.4															
Theresa S	30	72	26.6															
Nov. 2008																		
Brian G	28	63	18.8	71	52	23	20	70	70	28	32	30	13	20	8			437
Cindy H	41			55	56	63	49	81	78	67	70	37	39	33	28			656
DB	45			60	66	57	50	71	66	50	54	64	55	70	65			728
Donna S	42	58	22.3	50	54	49	52	68	73	46	48	40	30	25	18			553
Doug O	41			61	51	61	50	68	63	44	46	51	43	54	46			638
Jonathan	30	57	17.1	79	76	41	46	43	49	40	20	20	54	35	27			530
Kelly G	41	49	19.3	49	46	22	21	54	56	18	21	18	18	7	7			337
Lauren G	27	89	30.8	35	41	20	33	62	70	23	31	20	23	0	0			358
Macy M	42	65	20.8	64	60	50	44	76	70	35	39	36	30	22	11			537
Norma G	38	75	28.1	46	49	43	44	59	57	40	47	32	24	20	15			476
Stacey M	29	97	33.5	46	45	27	30	60	59	25	30	0	0	5	2			329
Susan M	36	74	27.8	61	52	70	66	80	72	17	25	30	27	12	7			519
Theresa S	30	73	26.6	50	47	42	47	64	67	30	32	38	34	10	8			469
Name	Age	SF	%BF	Kn1	Wall	Chuck	Wt'd leg	thrust	4-step/Qk	box	MB	Squat	Jump	pull	ups	Bench	(1/2bw)	Total

