



ATHLETE PROFILE

ATHLETE:



Adress:

e-mail:

Cell phone:

Gender:

Age:

Height:

Weight:

BENCHMARKS

WORKOUTS

| | | |
|-----------------------|-----------|--|
| THE GIRLS | FRAN | |
| | ANGIE | |
| | ANNIE | |
| | GRACE | |
| | DIANE | |
| TABATA SOMETHING ELSE | | |
| HERO | MURPH | |
| | THE SEVEN | |
| | D.T. | |

MAXES

| | |
|---------------|--|
| FRONTSQUAT | |
| BACKSQUAT | |
| DEADLIFT | |
| BENCHPRESS | |
| OVERHEADSQUAT | |
| CLEAN & JERK | |
| SNATCH | |
| DIPS | |
| PULL UPS | |

RUNNING

| | | | |
|-------|--|------|--|
| 400 M | | 100M | |
| 5K | | 10K | |

ATHLETE INFORMATION