

CROSSFIT MAX KANE BENCH MARK TRACKER

WOD / Movement	Test #1 + Date	Test #2 + Date	Test #3 + Date	Test #4 + Date
Baseline				
CF Baseline WOD				
Max Kane Baseline				
1-1-1 Assessment				
Strict Pull-ups				
Row 500m				
The Girls				
Fran				
Cindy				
Diane				
Karen				
Kelly				
The Lifts				
Snatch				
Clean and Jerk				
Back Squat				
Overhead Squat				
Shoulder Press				
Push Press				
Bench Press				
Deadlift				
The Heroes				
Murph				
McGhee				
DT				
Lumberjack 20				
Nate				
Ned				
White				
Other Records				
Max Muscle-ups				
5K Run				
L- Sit Hold				