CROSSFIT SAINTJOHN

		Date	Weight	Date	Weight	Date	Weight	Date	Weight	Date	Weight	Date	Weight	Date	Weight
Back squat	1														
	3														
	5														
	7														
Front squat	1														
	3														
	5														
	7														
Overhead squat	1														
	3														
	5														
	7														
Clean	1														
	3														
	5														
	7														
Hang clean	1														
	3														
	5														
	7														
Power clean	1														
	3														
	5														
	7														
Hang power clean	1														
	3														
	5														
	7														
Clean and Jerk	1														
	3														
	5														
	7														
Snatch	1														
	3														
	5														
	7														
Hang snatch	1														
	3														
	5														
	7														
Power snatch	1														
	3														
	5														
	7														
Deadlift	1														
	3														
	5														
	7														
Bench press	1														
	3														
	5														
	7														
Press	1														
	3														
	5														
	7														
Push press	1														
	3														
	5														
	7														
Push jerk	1														
	3														
	5														
	7														