

Max Out Day, Friday Feb. 29, 2008

	Dips	Pullups	Pushups under 30	Leg Lifts	HS hold on wall	Hollow Hold	Wall Sit
Optionals							
Pat							
Jeff							
Piercen							
Logan							
Comp.							
Ali	34	14	20	15	1:22	1:35	8:42
Tristan	21	12	25	25	2:33	2:06	2:04
Jared	35	20	38	31	3:05		5:02
Tyler	9	7	22	25	1:52	2:00	5:26
Noah							
Darix	25	20	28	11	1:27	2:06	2:31
Justin						3:41	
Jordan	26	10	28	10	1:46	1:10	2:07
Jad	22	6	16	16	1:43	4:00	5:20
Mathew	9	12	24	20	3:03	3:25	8:02
Armani	4	4	17	12	1:30	1:31	6:34
Jimmy	1	3	14	10	1:00	1:03	1:37
Vinnie							
Mark	7	4	22	10	0:43	1:45	1:52
Christian	8	3	33	13	1:26	1:59	1:25