

# **Workout #1**

## **“Partners in Pain”**

**80 Pull-Up**

**80 Burpee**

**80 Single Arm Kettle Swing**

**80 Box Jump**

**(12 min Cap)**

<b>Heat</b>	<b>Start Time</b>
<b>1</b>	<b>8:45</b>
<b>2</b>	<b>9:00</b>
<b>3</b>	<b>9:15</b>
<b>4</b>	<b>9:30</b>
<b>5</b>	<b>9:45</b>
<b>6</b>	<b>10:10</b>
<b>7</b>	<b>10:25</b>
<b>8</b>	<b>10:40</b>
<b>9</b>	<b>10:55</b>
<b>10</b>	<b>11:10</b>

Heat	Team Name	Athlete	Affiliate
1	2 Micks On A Mission	Ryan Murphy	CrossFit Delray Beach
		Stephanie Mckinley	CrossFit Delray Beach
1	Always a Locker	Rachel Adib	CrossFit Hardcore
		Adam Locker	Crossfit Hardcore North
1	Bing 1 and Bing 2	Val Bing	Crossfit Vero Beach
		Alden Bing	Crossfit Vero Beach
1	Braggin' Rights	Floyd Bragg	Vero Beach Crossfit
		Amy Bragg	Vero Beach Crossfit
1	Childs Play	Carrie Childs	Crossfit Vero Beach
		Eric Childs	Crossfit Vero Beach
1	Crossfit TuckPoint	David Whiteside	Crossfit TuckPoint
		Kristy Cheyne	Crossfit TuckPoint
1	Do\$\$-A-Bi\$\$	Erika Demier	CrossFit BGI
		Billy Hall	Steves Club Palm Beaches
1	Dill Hill	John Dill	Crossfit Firebase
		Kayleigh Hill	Crossfit Firebase
1	Fire and Ice	Michelle Mitinger	CrossFit BGI
		Ryan Hampton	Steves Club Palm Beaches
1	Eric and Frac	Haley Zurita	Crossfit Affliction
		Andy Richmond	Crossfit Affliction
1	Holy Matrimony	Mike Stember	CrossFit Hardcore - The Compound
		Stacey Stember	CrossFit Hardcore - The Compound
1	I thought this was a 5K!?	Thomas M Harrelson	Vero Beach CrossFit
		Nanda A Riggs	Vero Beach CrossFit
2	iQ	Lindsey Knackstedt	CrossFit iQ
		Joe Kratz	CrossFit iQ
2	iQ Flex Power	Wayne Lewis	CrossFit iQ
		Yosgely Bracho	CrossFit iQ
2	Jumps and Humps	Autumn Reyka	Crossfit iQ
		Sawyer Peede	Crossfit iQ
2	Locker Room	Mike Barbera	Crossfit Hardcore North
		Brooke Brandjes	Crossfit Hardcore North
2	McSratts	JP Stratton	CrossFit Delray Beach
		Katie Stratton	CrossFit Delray Beach
2	Name Changers	Jared Mancil	Crossfit IQ
		Nancy Capano	Crossfit IQ
2	NewlyWods	Michael Marcus	Crossfit Delray Beach
		Alisyn Marcus	Crossfit Delray Beach
2	One Lift Wonders	Justin Spence	CF Hardcore The Locker Room
		Stephanie Colburn	South Florida CrossFit
2	Psychos In Love	Luis Corral	Crossfit Affliction
		Raquel Lamberti	Crossfit Affliction
2	Snatch 'Em By Surprise	Ana Alamo	IMT Crossfit
		Noel Sanchez	IMT Crossfit
2	Snatchomatics	Brian Taillon	Gardens Crossfit
		Kali Bedard	Gardens Crossfit
2	T-Pike	Michael Pike	Crossfit Hardcore North
		Pamela Pike	Crossfit Hardcore North
3	Tequila Shooters	Brian Leap	CrossFit Tuckpoint
		Angie Itnyre	CrossFit Tuckpoint
3	That...Just...Happened	Jared Blais	CrossFit Vero Beach
		Alyssa Blais	CrossFit Vero Beach
3	Thing 1 and Thing 2	Julia Brodzinski	Crossfit Fort Pierce
		Jeffrey Brodzinski	Crossfit Fort Pierce
3	Trautmans	Marla Trautman	Crossfit Fort Pierce
		Corey Trautman	Crossfit Fort Pierce
3	Two Ton	Irene Puolos	CrossFit BGI
		Otto Philips	Steves Club Palm Beaches
3	Vaughangela	Angela Vieux	Crossfit Delray Beach
		Vaughan Lazar	Crossfit Delray Beach
3	Wing It	Christine Graffam	CrossFit Vero Beach
		Frankie Arias	CrossFit Vero Beach

Heat	Team Name	Athlete	Affiliate	Age
3	104	Richard Simpson	Crossfit Fort Pierce	104
		Tracey Schafer	Crossfit Fort Pierce	
3	Bonnie Situation	Michael Elkins	South Florida CrossFit	81
		Bonnie Novella	South Florida Crossfit	
3	Burnout	RT White	Crossfit BGI	89
		Kelly White	Crossfit BGI	
3	Chalk Whore	Joe Justado	CrossFit Vero Beach	79
		Patty Howard	CrossFit Vero Beach	
3	Devil Dog and a Canuck	Todd Romano	Crossfit BGI	78
		Sarah Romano	Crossfit BGI	
4	DINKs	Christine Davis	Crossfit Fort Pierce	88
		Charlie Davis	Crossfit Fort Pierce	
4	Eating Meatballs	Kelly Eacker	CrossFit Vero Beach	75
		Chris Henderson.	CrossFit Vero Beach	
4	Garage Crew	Laurie Durham	CrossFit Hardcore Boca Raton	82
		Larry Schnurmacher	CrossFit Hardcore Boca Raton	
4	Gender Jumble	Kirstyn Lynch	CrossFit BGI	32
		Darius Hulbert	Steves Club Palm Beaches	
4	Ginger Snatch and Earl Grey	Ken Powers	Crossfit BGI	77
		Nikki Stokes	Crossfit BGI	
4	Hammer and Nails	Neil Kanterman	CrossFit Hardcore Boca Raton	80
		Andrea Kanterman	CrossFit Hardcore Boca Raton	
4	Hard to Kill	Jack Eisenhut	Crossfit Country	83
		Marisol Esquilan	Crossfit Country	
4	Hardcore	Todd Howell	CrossFit Hardcore	76
		Lori Colston	CrossFit Hardcore	
4	Holy CrossFit Batgirl	Samantha Rico	CrossFit BGI	35
		Francis Jeune	Steves Club Palm Beaches	
4	Hung and the Chestless	Mary Bart Houston	Crossfit BGI	75
		Jeff Haacke	Crossfit BGI	
4	Kentucky Derby	Lonnie Rich	Crossfit Vero Beach	83
		Tori Rich	Crossfit Vero Beach	
4	Less Talk More action	Bryan Blais	CrossFit Vero Beach	113
		Diane Blais	CrossFit Vero Beach	
5	Makin Bacon	Vince Azzaro	CrossFit Hardcore	85
		Lisa Azzaro	CrossFit Hardcore	
5	Not Jewfit	Kelly Cook	South Florida CrossFit	75
		Steve Romaniello	South Florida CrossFit	
5	Old and The Beautiful II	Fernando David	South Florida CrossFit	75
		Ann Labianco	South Florida CrossFit	
5	Pokey	Alyson Tobin	Crossfit BGI	109
		Rick Marti	Crossfit BGI	
5	Reluctantly Clueless	Susan Playe	Crossfit Delray Beach	84
		Joe Oliver	Crossfit Delray Beach	
5	Retiree and Recoveree	Lee Arcure	Gardens Crossfit	88
		Mary Hallman	Gardens Crossfit	
5	Silver & Gold	Charlie Clendening	CrossFit Vero Beach	109
		Susan Clendening	CrossFit Vero Beach	
5	Spanglish IQ	Donna Siegel	Crossfit IQ	76
		Wilson Gomez	Crossfit IQ	
5	Snap Crack and Pop	Kimberly Stull	Crossfit BGI	91
		Robert Eastling	Crossfit BGI	
5	Vero Crew	Jaclyn Garris	CrossFit Vero Beach	81
		Greg Budde	CrossFit Vero Beach	
5	Victorious Secret	Joe Dimario	Crossfit Hardcore	82
		Tracey Defrances	Crossfit Delray Beach	
5	Zooper Doopers	Jay Fratello	CrossFit Zoo	77
		Rebecca Fratello	CrossFit Zoo	

Heat	Team Name	Athlete	Affiliate
6	1 Jerk 1 Squirt	Jaime Gold	CrossFit Conquest
		Donivan Cioffi	CrossFit Conquest
6	19 Fingers	Ian \nueve\" Harris"	CrossFit Delray Beach
		Kelsey Kinsella	CrossFit Delray Beach
6	Afripower	Robert Runde	Crossfit Fort Pierce
		Lorette Gouws	Crossfit Fort Pierce
6	Anabolic Gardens	Gerry Raymond	Gardens Crossfit
		Monika Stahl	CrossFit City Place
6	Backloaders	Lish Roy	Gardens Crossfit
		Jason Phillips	Gardens Crossfit
6	Bad Intentions	Dan Waldrep	CrossFit Hardcore
		Jen Smith	CrossFit Hardcore
6	Bangers and Plantains	Kevin Burger	Broward Crossfit
		Stephanie Burger	Broward Crossfit
6	Beast Mode	Erin Connolly	FAU
		Joe Drake	FAU
6	Big 'n Small	Maria Carrasco	CrossFit Conquest
		Jon Maples	CrossFit BGI
6	Booyah!	Kristi Odom	CrossFit Vero Beach
		Carlo Marques	CrossFit Vero Beach
6	CF561	Nick Kalogeropoulos	Crossfit 561
		Lauren Truszkowski	Crossfit 561
6	Clean -R- Snatch	Ryan Winkelman	CrossFit BGI
		Natalie Terrana	Gardens Crossfit
7	Cougar and Cub	Clara Balboa	Broward Crossfit
		Jeff Hart	Broward Crossfit
7	Designated drinkers	Geoffroy Molinier	CrossFit BGI
		Ryleigh Infanti	CrossFit BGI
7	Double D	Danielle Szpindor	CrossFit iQ
		Devin Szpindor	CrossFit iQ
7	Down and Dirty	Michael Oosterman	CrossFit BGI
		Carolynn Stanway	CrossFit BGI
7	Down with the Swirl	Tony Degirolamo	CrossFit Fort Pierce
		Trinita Verano	CrossFit Fort Pierce
7	Dream Team	Sloane Sapan	Real fitness Sarasota
		Will Mccomb	Real fitness Sarasota
7	Ebony & Ivory	Shondelle Solomon	CF 954
		Tom Lossa	CF 954

7	ET	Tabatha Vellojin	IMT CROSSFIT
		Eddie Cavadas	IMT CROSSFIT
7	Fear the Spear	Christian Moreira	Gardens Crossfit
		Liz Baldwin	Garden Crossfit
7	Friends with Wod Benefits	Reiny Parrado	Caution Crossfit
		Rebecca Christina	Caution Crossfit
7	Gardens CrossDressers	Shane Moser	Gardens Crossfit
		Miki Carey	Gardens Crossfit
7	Hustle Gang	Sarah Bowling	CrossFit Delray Beach
		Sam Straub	CrossFit Delray Beach
8	I once PR'd	Rob Freeman	South Florida Crossfit
		April Eldemire	South Florida Crossfit
8	IMT - Alex & Liz	Liz Guardia	IMT
		Alejandro Lozano	IMT
8	Indecent Proposal	Tom Mcardle	CrossFit Delray Beach
		Mayra Brandt	CrossFit Delray Beach
8	iQ Aces	Q. Stewart	CrossFit iQ
		Vee Mollinedo	CrossFit iQ
8	Jelly	Kelly Kite	Crossfit Vero Beach
		Jenn Matesic	Crossfit Vero Beach
8	JewFit	Jarret Streiner	South Florida Crossfit
		Heather Geronemus	South Florida Crossfit
8	JewFit Too	Jacob Wilson	Operator Crossfit
		Brie Brady	Operator Crossfit
8	Kazanaslaiman	Peter Kazanas	CrossFit 305
		Sabrina Abislaiman	CrossFit 305
8	Lightweights	Rachel Reichert	Crossfit Vero Beach
		Chris Ricci	Crossfit Vero Beach
8	Max El-Caliente	Jason Patton	Crossfit Delray Beach
		Nicole Biscuiti	Crossfit Delray Beach
8	Med RX	Brent Edwards	CrossFit BGI
		Trina McLaughlin	CrossFit BGI
8	Money makers	Paul Coviello	Gardens Crossfit
		Tiffany Moe	Gardens Crossfit
9	Motorboat	Kim Kujanek	Crossfit Vero beach
		Neil Shafranski	Crossfit Vero beach
9	Optimistic Primes	Erin Boyajian	Crossfit Fort Pierce
		Reed Willmot	Crossfit Fort Pierce

9	Parks Klan	Adam Parks	Crossfit SOUL Miami
		Sarah White-parks	Crossfit SOUL Miami
9	Rebel Side	Marceline Smith	CrossFit BGI
		Zachary Swanson	CrossFit BGI
9	Rookie and the Vet	Omar Torres	Crossfit Hardcore
		Jana Bieger	Crossfit Hardcore
9	Safe Snatchers	Scott Chisholm	Gardens Crossfit
		Allison Dicarlo	Gardens Crossfit
9	Sexy Freaking Animals	Eileen Benitez	Caution Crossfit
		Ryan Verdecia	Caution Crossfit
9	She Twerks I Jerk	Bryan David	South Florida Crossfit
		Brooke Tanacredi	Crossfit Hardcore
9	Shenanigans	Robert Borger	Gardens Crossfit
		Lindsay Ratliff	Gardens Crossfit
9	Sibling Rivalry	Christina Maragh	Broward Crossfit
		Billy Demaio	Broward Crossfit
9	Snatch n Run	Jennifer Carter	Gardens Crossfit
		Eric	South Florida Crossfit
9	Stop Drop and Squat	Luz Maldonado	South Florida Crossfit
		David Julien	South Florida Crossfit
10	Swole Mates	Wendy Shafranski	CrossFit Vero Beach
		Robert Delacruz	CrossFit Vero Beach
10	Team Nasso	Cheryl Nasso	CrossFit Tuckpoint
		Chris Nasso	CrossFit Tuckpoint
10	Team Smash	Yandi Roman	CrossFit MuscleFarm
		Melissa Binkley	CrossFit MuscleFarm
10	Thunder Buddies	Elizabeth Diaz	Crossfit Grounds
		Daniel Sanchez	Crossfit Fever
10	Trading Spouses	Brooks Greenway	CrossFit Vero Beach
		Christina Horne	CrossFit Vero Beach
10	Tsunami Lasergunz	Jordan Kohn	Crossfit Hardcore
		Gabriela Pereira	Crossfit Hardcore
10	Two the Macs	Johnny Mac	CrossFit BGI
		Brooke Mac	CrossFit BGI
10	Two Women's RX	Mark Rice	Crossfit Playground
		Amy Chatfield	Crossfit Playground
10	Young Guns	Liz Ponto	Crossfit Vero Beach
		Harrison Cady	Crossfit Vero Beach
10	Wall Ballers	Nevis Hernandez	Caution Crossfit
		Adrian Florido	Jacked Crossfit
10	WodSuperStore.com	Talayna Fortunato	CF Redline
		Noah Ohlsen	Peak 360