	Back Squat	Ending	Change	Front Squat	Ending	change	Deadlift	ending	change	OH Press	ending	change	Bench	ending	change
Kaleigh	125x5	175x5	50lbs	115x5	135x5	50lbs	135x5	190x5	60lbs	55x5	60x5	5lbs	85x5	95x5	10lbs
Olivia	125x5	200x5	75lbs	105x5	145x5	40lbs	165x5	225x5	60lbs	65x5	85x5	20lbs	75x5	105x5	30lbs
Chris	225x5	290x5	65lbs	165x5	205x5	40lbs	315x5	355x5	40lbs	95x5	115x5	20lbs	160x5	200x5	40lbs
Jessa															

	Back Squat	Ending	Change	Front Squat	Ending	Change	Snatch	Ending	Change	C&J	Ending	Change
Debbie	225x1	240x1	15lbs	175x1	185x1	10lbs	105	105		150	160	10lbs
Scott												
Heather												