



Hall of Fame Records

	Pushups	Situps	Squats	Bows & Toes	Round Kicks	
Male						
Beginner 5 - 8	1	Aaron Bickerton 43 (2/11)	Bob Johnson 36 (2/10) & Aaron Bickerton (2/11)	Case Bouizar 72 (2/10) & Aaron Bickerton (2/11)	William Pham 9 minutes 42 sec (8/10)	William Pham 39 (8/10) Aaron Bickerton (2/11)
	2	Bob Johnson 41 (2/10)	Case Bouizar 34 (2/10)	Bob Johnson 62 (2/10)	Bob Johnson 6 minutes 00 sec (2/10)	Case Bouizar 37 (2/10)
	3	Nathan Wehrlein & Evan Trachsel 34 (8/09)	Patrick Barrack 33 (2/10)	Luke Murray 59 (2/11)	Carter Harrell 3 minutes 51 sec (8/09)	Evan Trachsel 35 (8/09) & Bob Johnson (2/10) & Luke Murray (2/11)
Intermediate 5 - 8	1	Bob Johnson 68 (8/10)	Bob Johnson 47 (2/11)	Gershon Price 85 (8/11)	William Pham 20 minutes 01 sec (8/11)	Gershon Price 50 and Marco Ramanata (8/11)
	2	Jeffrey Sterns 64 (8/10)	Gershon Price 42 (8/11)	Aaron Bickerton 82 (8/11)	Jeffrey Sterns 8 minutes 23 sec (8/10)	Aaron Bickerton 48 (8/11) Bob Johnson (2/11)
	3	Gershon Price 60 (8/11)	Bob Johnson 40 (8/10)	Gershon Price 81 (2/11)	Bob Johnson 7 minutes 03 sec (8/10)	William Rountree 45 (2/10) & Bob Johnson (8/10)
Advanced 5 - 8	1	Miguel Alonso 58 (8/09)	Christian Baily 44 (2/11)	Michael Mendez 78 (8/11)	Jeffrey Sterns 18 minutes 05 sec (8/11)	Michael Mendez 48 (8/11)
	2	Antonio Alonso 50 (8/09)	Miguel Alonso 40 (8/09)	Jeffrey Sterns 77 (8/11)	Michael Mendez 3 minutes 14 sec (8/11)	Antonio Alonso 45 (8/09)
	3	Michael Mendez 44 (8/11)	Michael Mendez 36 (8/11)	Christian Bailey 73 (2/11)	Miguel Alonso 3 minutes 12 sec (8/09)	Jeffrey Sterns 39 (8/11)
Female						
Beginner 5 - 8	1	Abigail Cook 44 (8/10)	Jane Kim 25 (2/11)	Mia Mendez 76 (8/11)	Kaitlyn Gramling 5 minutes 02 sec (8/11)	Mia Mendez 45 (8/11)
	2	Chelsea Gramling 40 (8/11)	Chelsea Gramling 22 (8/11)	Abigail Cook 74 (8/10)	Holly Wehrlein 2 minutes 5 sec (8/09)	Holly Wehrlein 36 (8/09) & Andalyn Farrar (2/11)
	3	Andalyn Farrar 36 (2/11)	Kaitlyn Gramling 16 (8/11)	Chelsea Gramling 68 (8/11)	Abigail Cook 1 minute 39 sec (8/10)	Abigail Cook 35 (8/10)
Intermediate 5 - 8	1	Abby Cook 47 (8/11)	Maddy Clune 38 (8/11)	Maddy Clune 88 (8/11)	Hayley Gause 8 minutes 20 sec (8/09)	Maddy Clune 51 (8/11)
	2	Abby Cook 39 (2/11)	Hayley Gause 29 (2/11)	Hayley Gause 83 (2/11)	Hayley Gause 4 minutes 33 sec (2/10)	Hayley Gause 50 (8/09)
	3		Abby Cook 11 (2/11)	Abby Cook 71 (8/11)	Maddy Clune 3 minutes 45 sec (8/11)	Hayley Gause 45 (2/11)
Advanced 5 - 8	1	Stephanie Ricigliano 47 (2/10)	Stephanie Ricigliano 42 (2/11)	Stephanie Ricigliano 64 (2/11)	Stephanie Ricigliano 2 minutes 2 sec (2/11)	Stephanie Ricigliano 52 (2/10)
	2	Stephanie Ricigliano 21 (2/11)			Stephanie Ricigliano 1 minutes 27 sec (2/11)	Stephanie Ricigliano 47 (2/11)
	3					
Male						
Beginner 9 - 11	1	Kol Johnson 40 (2/11)	Kol Johnson 43 (2/11)	Kol Johnson 67 (2/11)	Leif Siegrist 2 minutes 08 sec (8/11)	Navi Singh 38 (8/11) & Christopher Fuentes (8/10)
	2	Navi Singh 28 (8/11)	Navi Singh 28 (2/11)	Navi Singh 64 (2/11)	Kol Johnson 1 minute 49 sec (2/11)	Leif Siegrist 37 (8/11) & Kol Johnson (2/11)
	3	Leif Siegrist 20 (8/11)	Leif Siegrist 26 (8/11)	Christopher Fuentes 63 (8/10)	Christopher Fuentes 1 minute 48 sec (8/11)	Navi Singh 33 (2/11)
Intermediate 9 - 11	1	Jason Nunez 29 (8/11)	Laith Bouizar 35 (2/10)	Yule Park 71 (8/11)	Yule Park 4 minutes 03 sec (8/11)	Jason Nunez 44 (8/11)
	2	Sam Nitschke 28 (8/11)	Daniel Bugby 34 (8/11)	Sam Nitschke 62 (8/11)	Daniel Bugby 2 minutes 26 sec (8/11)	Laith Bouizar 42 (2/10)
	3		Sam Nitschke 28 (8/11) & Alex Bui (8/10)	Laith Bouizar 58 (2/10)	Alex Bui 1 minute 59 sec (8/10)	Alex Bui 42 (8/10)
Advanced 9 - 11	1	Antonio Alonso 59 (2/11)	Miguel Alonso 49 (2/11)	Kyle Dalsimer 85 (8/11)	Shawn DeLopez 3 minutes 29 sec (8/09)	Korey Hylton 55 (8/09)
	2	Miguel Alonso 53 (2/11)	Miguel Alonso 46 (8/10)	Kyle Dalsimer 82 (2/11)	Ian Ramanata 3 minutes 25 sec (8/11)	Ryan Charest 52 (8/11) & Miguel Alonso (2/11)
	3	Antonio Alonso 51 (8/10)	Antonio Alonso 45 (8/10)	Ryan Charest 77 (8/11) & Kyle Dalsimer	Tiernan Keast 3 minutes 22 sec (8/09)	Ian Ramanata 50 (8/11) & Antonio Alonso (2/11)
Female						
Beginner 9 - 11	1	Kathleen Dang 35 (2/11)	Kathleen Dang 24 (2/11)	Kathleen Dang 63 (2/11)	Kathleen Dang 1 minute 50 sec (2/11)	Kathleen Dang 43 (2/11)
	2					
	3					
Intermediate 9 - 11	1	Gracie Lang 30 (8/09)	Molly Dean 35 (2/10)	Molly Dean 74 (2/10)	Caitlin White 2 minutes 1 sec (2/10)	Molly Dean 53 (2/10)
	2	Molly Dean 29 (2/10)	Caitlin White 34 (2/10)	Gabby White 71 (2/10)	Molly Dean 1 minute 27 sec (2/10)	Emma Cochran 52 (8/09)
	3	Jennifer Barrack 28 (2/10)	Gabby White 30 (2/10)	Caitlin White 65 (2/10)	Gracie Lang 1 minute 16 sec (8/09)	Caitlin White 44 (2/10)
Advanced 9 - 11	1	Cassie Parks 67 (8/11)	Cassie Parks 51 (8/11)	Cassie Parks 93 (8/11)	Gracie Lang 2 minutes 52 seconds (2/10)	Cassie Parks 60 (8/11)
	2	Cassie Parks 63 (2/11)	Cassie Parks 43 (2/11)	Cassie Parks 86 (2/11)	Cassie Parks 2 minutes 14 sec (8/11)	Cassie Parks 54 (2/11)
	3		Gracie Lang 38 and Kayla Guerch(2/10)	Gracie Lang 60 (2/10)	Kayla Guerch 2 minutes 8 seconds (2/10)	Kayla Guerch 50 (2/10)
Male						
Beginner 12 - 14	1					
	2					
	3					

Intermediate 12 - 14	1 2 3		Zach Williams 22 (8/09)			Darius Robinson 1 minute 47 sec (8/09)	Darius Robinson 49 (8/09)
Advanced 12 - 14	1 2 3	Andrew Pham 43 (8/09)	Darius Robinson 51 (2/11) Andrew Pham 30 (8/09)		Darius Robinson 61 (2/11)		Andrew Pham 53 (8/09) Darius Robinson 50 (2/11)
Female Beginner 12 - 14	1 2 3						
Intermediate 12 - 14	1 2 3						
Advanced 12 - 14	1 2 3	Astrid Ligonde 44 (2/11) Astrid Ligonde 43 (8/09) Soriya DeLopez 34 (8/09)	Astrid Ligonde 60 (2/11) Astrid Ligonde 46 (8/09) Alison Frye 43 (2/11)	Astrid Ligonde 66 (8/09) Alison Frye 59 (2/11) Alison Frye 57 (8/09)	Astrid Ligonde 4 minutes 30 sec (2/11) Astrid Ligonde 3 minutes 30 sec (8/09) Soriya DeLopez 1 minute 38 sec (8/09)	Stephanie Barbaro 55 (2/10) Astrid Ligonde 51 (2/11) Astrid Ligonde 50 (8/09)	
Male Beginner 15 - 35	1 2 3	Pushups Eric Thomas 48 (8/10)	Situps Eric Thomas 57 (8/10)	Squats Eric Thomas 69 (8/10)	Bows & Toes Eric Thomas 1 minute 19 sec (8/10)	Round Kicks Eric Thomas 48 (8/10)	
Intermediate 15 - 35	1 2 3	Paul Dean 59 (2/10)	Paul Dean 45 (2/10)	Paul Dean 66 (2/10)	Paul Dean 2 minutes 2 sec	Paul Dean 51 (2/10)	
Advanced 15 - 35	1 2 3	Elon Smith & Jonathan Centeno 60 (8/09) Jonathan Centeno 18 (8/09)	Elon Smith 54 (8/09) & (2/11) Jonathan Centeno 47 (8/09) Manuel Vasquez 44 (8/09)	Elon Smith 73 (8/09) Jonathan Centeno 70 (8/09) & Elon Manuel Vasquez 69 (8/09)	Jonathan Centeno 5 minutes 00 sec (8/10) Elon Smith 4 minutes 00 sec (2/11) Elon Smith 3 minutes 20 sec (8/09)	Manuel Vasquez 60 (8/09) Elon Smith 54 (2/11) Jonathan Centeno 53 (8/09)	
Female Beginner 15 - 35	1 2 3						
Intermediate 15 - 35	1 2 3						
Advanced 15 - 35	1 2 3						
Male Beginner 36+	1 2 3	Pushups Dana Gramling 50 (8/11) Lloyd Cochran 28 (8/09)	Situps Dana Gramling 50 (8/11)	Squats Dana Gramling 84 (8/11) Lloyd Cochran 47 (8/09)	Bows & Toes Dana Gramling 3 minutes 28 sec (8/11) Lloyd Cochran 1 minute 8 sec (8/09)	Round Kicks Dana Gramling 49 (8/11)	
Intermediate 36+	1 2 3	Jimmy Sterns 57 (2/11) Jimmy Sterns 55 (8/11) Jimmy Sterns 48 (8/10)	Jimmy Sterns 55 (2/11) Jimmy Sterns 51 (8/11) Jimmy Sterns 37 (8/10)	Jimmy Sterns 76 (8/11) Jimmy Sterns 72 (8/10) Jimmy Sterns 70 (2/11)	Jimmy Sterns 4 minutes 01 sec (8/11) Jimmy Sterns 3 minutes 00 sec (8/10) Jimmy Sterns 2 minutes 59 sec (2/11)	Jimmy Sterns 59 (8/11) Jimmy Sterns 56 (2/11) Jimmy Sterns 53 (8/10)	
Advanced 36+	1 2 3						
Female							

Beginner 36+	1	Kerry Sterns 30 (8/10)	Kerry Sterns 36 (8/10)	Kerry Sterns 71 (8/10)	Kerry Sterns 2 minutes 33 sec (8/10)	Kerry Sterns 41 (8/10)
	2					
	3					
Intermediate 36+	1	Cosette Loach 37 (8/10)	Kerry Sterns 46 (8/11)	Kerry Sterns 84 (8/11)	Kerry Sterns 3 minutes 23 sec (8/11)	Kerry Sterns 46 (8/11)
	2	Kerry Sterns 35 (8/11)	Kerry Sterns 42 (2/11)	Kerry Sterns 71 (2/11)	Kerry Sterns 3 minutes 02 sec (2/11)	Kerry Sterns 43 (2/11)
	3	Kerry Sterns 30 (2/11)	Cosette Loach 35 (8/10)	Cosette Loach 56 (8/10)	Cosette Loach 2 minutes 35 sec (8/10)	Cosette Loach 42 (8/10)
Advanced 36+	1	Tina Kroll-Guerch 38 (2/10)	Ann Barbaro 49 (2/10)	Tina Kroll-Guerch 69 (2/10)	Tina Kroll-Guerch 3 minutes 10 sec (2/10)	Ann Barbaro 50 (2/10)
	2	Judy Pendergast 28 (2/10)	Judy Pendergast 47 (2/10)	Ann Barbaro 68 (2/10)	Ann Barbaro 2 minutes 17 sec (2/10)	Judy Pendergast 41 (2/10)
	3			Judy Pendergast 52 (2/10)	Judy Pendergast 1 minute 25 sec (2/10)	