**Project Interface Control Document**

Revision 1.2

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CMSC 495, Instructor: Dr. Hung Dao

Group 1

Stephen Blackburn, Luis Dall, Tracy Devault

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**Revision History**

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| --- | --- | --- | --- |
| **Date** | **Revision** | **Description** | **Personnel** |
| 11/17/2014 | 1.0 | Initial Document | Stephen |
| 11/17/2014 | 1.1 | Entry of data | Luis |
| 11/21/2014 | 1.2 | Format Edits | Stephen |
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**Interface Control Document**

# Data between Data File Subsystem and Main Subsystem

When the application is first opened the data from the Data File subsystem passes to the Main subsystem generating Lift objects and WOD objects. When the application closes the data in the Main subsystem is read back into the Data File subsystem.

## Lift.class Object

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Type** | **Value Range** | **Default Value** |
| liftName | String | Any valid String input | Appropriate Lift name. See Table 2 for all possible liftNames |
| oneRepMax | String | “30-3000” | “0” |

Table 1: Lift.class Data Types passed from Data File to Main Subsystem.

|  |
| --- |
| **List of Lift Names** |
| Back squat |
| Bench press |
| Clean |
| Clean and jerk |
| Clean high pull |
| Deadlift |
| Front squat |
| Hang clean |
| Hang snatch |
| Hang squat clean |
| Hang Squat snatch |
| Power clean |
| Power clean and jerk |
| Power snatch |
| Push jerk |
| Push press |
| Shoulder press |
| Split jerk |
| Squat clean |
| Squat clean and jerk |
| Squat snatch |
| Strict press |
| Sumo deadlift |
| Sumo deadlift high-pull |
| Thrusters |

Table 2:List of Default Values for liftName

## WOD.class Object

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Type** | **Value Range** | **Default Value** |
| wodName | String | Any valid String input | Appropriate WOD name. See Table 8 in Appendix 1 for all wodNames. |
| Hours | String | “00-12” | “00” |
| Mins | String | “00-59” | “00” |
| Secs | String | “00-59” | “00” |
| Content | String | Any valid String input | Appropriate Content string. See Table 8 in Appendix 1 for all Contents based on wodName |
| Notes | String | Any valid String input | “Enter your Notes Here” |
| URL | String | Any valid String input | Appropriate URL string. See Table 8 in Appendix 1 for all URLs based on wodName |

Table 3:WOD.class Data Types passed from Data File to Main Subsystem.

# Data between Main Subsystem to Lift Subsystem

The Lift data stored in the Main system is passed to the Lift Subsystem when the user selects the liftName in the Lift jcombobox.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Type** | **Value Range** | **Default Value** |
| liftName | String | Any valid String input | Appropriate Lift name. See Table 2 for all possible liftNames |
| oneRepMax | String | “30-3000” | “0” |

Table 4: Lift.class data passed between Main to Lift Subsystem

# Data Passed from Lift Subsystem to Main Subsystem

When the user elects to enter a new 1RM the user1RepMax is passed to the Main subsystem, updating the data stored there.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Type** | **Value Range** | **Default Value** |
| user1RepMax | String | “30-3000” | “0” |

Table 5: Data passed from Lift subsystem to Main Subsystem

# Data Passed from Main Subsystem to WOD Subsystem

The WOD data stored in the Main subsystem is passed to the WOD Subsystem when the user selects the wodName in the Lift jcombobox.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Type** | **Value Range** | **Default Value** |
| wodName | String | Any valid String input | Appropriate WOD name. See Table 8 in Appendix 1 for all wodNames. |
| Hours | String | “00-12” | “00” |
| Mins | String | “00-59” | “00” |
| Secs | String | “00-59” | “00” |
| Content | String | Any valid String input | Appropriate Content string. See Table 8 in Appendix 1 for all Contents based on wodName |
| Notes | String | Any valid String input | “Enter your Notes Here” |
| URL | String | Any valid String input | Appropriate URL string. See Table 8 in Appendix 1 for all URLs based on wodName |

Table 6: Data passed from Main subsystem to WOD subsystem

# Data Passed from WOD Subsystem to Main Subsystem

When the user elects to enter a new time (hours, mins, secs) and/or new notes the userHours, userMins, userSecs, and/or userNotes are passed back to the Main subsystem to update the data stored there.

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Type** | **Value Range** | **Default Value** |
| userHours | String | “00-12” | “00” |
| userMins | String | “00-59” | “00” |
| userSecs | String | “00-59” | “00” |
| userNotes | String | Any valid String input | “Enter your Notes Here” |

Table 7: Data passed from WOD subsystem to Main subsystem.

# Appendix 1

|  |  |  |
| --- | --- | --- |
| **WOD.class Default Values** | | |
| **wodName** | **Content** | **URL** |
| Abbate | Run 1 mile 155 pound Clean and jerk, 21 reps Run 800 meters 155 pound Clean and jerk, 21 reps Run 1 Mile | http://www.crossfit.com/mt-archive2/007523.html |
| Adam Brown | Two rounds for time of: 295 pound Deadlift, 24 reps 24 Box jumps, 24 inch box 24 Wallball shots, 20 pound ball 195 pound Bench press, 24 reps 24 Box jumps, 24 inch box 24 Wallball shots, 20 pound ball 145 pound Clean, 24 reps | http://www.crossfit.com/mt-archive2/007062.html |
| Adrian | Seven rounds for time of: 3 Forward rolls 5 Wall climbs 7 Toes to bar 9 Box jumps, 30" box | http://www.crossfit.com/mt-archive2/008598.html |
| Amanda | Three rounds, 9-7- and 5 reps, for time of: Muscle-up 135 pound Squat snatch | http://www.crossfit.com/mt-archive2/007012.html |
| Annie | 50-40-30-20 and 10 rep rounds of: Double-unders Sit-ups | http://www.crossfit.com/mt-archive2/007065.html |
| Arnie | With a single 2 pood kettlebell: 21 Turkish get-ups, Right arm 50 Swings 21 Overhead squats, Left arm 50 Swings 21 Overhead squats, Right arm 50 Swings 21 Turkish get-ups, Left arm | http://www.crossfit.com/mt-archive2/005449.html |
| Badger | Complete three rounds for time of: 95 pound Squat clean, 30 reps 30 Pull-ups Run 800 meters | http://www.crossfit.com/mt-archive2/003226.html |
| Barbara | 20 Pullups 30 Pushups 40 Situps 50 Squats 3 min rest between each of 5 rounds | http://www.crossfit.com/mt-archive2/003242.html |
| Blake | Four rounds for time of: 100 foot Walking lunge with 45lb plate held overhead 30 Box jump, 24 inch box 20 Wallball shots, 20 pound ball 10 Handstand push-ups | http://www.crossfit.com/mt-archive2/007255.html |
| Bradley | 10 rounds for time of: Sprint 100 meters 10 Pull-ups Sprint 100 meters 10 Burpees Rest 30 seconds | http://www.crossfit.com/mt-archive2/007821.html |
| **WOD.class Default Values** | | |
| **wodName** | **Content** | **URL** |
| Bradshaw | 10 rounds for time of: 3 Handstand push-ups 225 pound Deadlift, 6 reps 12 Pull-ups 24 Double-unders | http://www.crossfit.com/mt-archive2/007957.html |
| Brenton | Five rounds for time of: Bear crawl 100 feet Standing broad-jump, 100 feet Do three Burpees after every five broad-jumps.  If you've got a twenty pound vest or body armor, wear it. | http://www.crossfit.com/mt-archive2/007209.html |
| Brian | Three rounds for time of: 15 foot Rope climb, 5 ascents 185 pound Back squat, 25 reps | http://www.crossfit.com/mt-archive2/008363.html |
| Bulger | Ten rounds for time of: Run 150 meters 7 Chest to bar pull-ups 135 pound Front squat, 7 reps 7 Handstand push-ups | http://www.crossfit.com/mt-archive2/007207.html |
| Bull | Two rounds for time of: 200 Double-unders 135 pound Overhead squat, 50 reps 50 Pull-ups Run 1 mile | http://www.crossfit.com/mt-archive2/007339.html |
| Carse | 21-18-15-12-9-6-3 reps for time of: 95 pound Squat clean Double-under 185 pound Deadlift 24" Box jump Begin each round with a 50 meter Bear crawl. | http://www.crossfit.com/mt-archive2/007918.html |
| Chelsea | Set up before a clock and every minute on the minute perform:  5 pull-ups 10 push-ups 15 squats.  Continue for thirty minutes. | http://www.crossfit.com/mt-archive2/000249.html |
| Cindy | Complete as many rounds in 20 minutes as you can of: 5 Pull-ups 10 Push-ups 15 Squats | http://www.crossfit.com/mt-archive2/008094.html |
| Coe | Ten rounds for time of: 95 pound Thruster, 10 reps 10 Ring push-ups | http://www.crossfit.com/mt-archive2/007064.html |
| Collin | Six rounds for time of: Carry 50 pound sandbag 400 meters 115 pound Push press, 12 reps 12 Box jumps, 24 inch box 95 pound Sumo deadlift high-pull, 12 reps | http://www.crossfit.com/mt-archive2/007263.html |
| Dae Han | Three rounds for time of: Run 800 meters with a 45 pound barbell 15 foot Rope climb, 3 ascents 135 pound Thruster, 12 reps | http://www.crossfit.com/mt-archive2/008090.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Daniel | For time: 50 Pull-ups 400 meter run 95 pound Thruster, 21 reps 800 meter run 95 pound Thruster, 21 reps 400 meter run 50 Pull-ups | http://www.crossfit.com/mt-archive2/001197.html |
| Danny | Complete as many rounds in 20 minutes as you can of: 24 inch Box Jump, 30 reps 115 pound Push Press, 20 reps 30 Pull-ups | http://www.crossfit.com/mt-archive2/004626.html |
| Deforges | Five rounds for time of: 225 pound Deadlift, 12 reps 20 Pull-ups 135 pound Clean and jerk, 12 reps 20 Knees to elbows | http://www.crossfit.com/mt-archive2/008147.html |
| Del | For Time: 25 Burpees Run 400 meters with a 20 pound medicine ball 25 Weighted pull-ups with a 20 pound dumbbell Run 400 meters with a 20 pound medicine ball 25 Handstand push-ups Run 400 meters with a 20 pound medicine ball 25 Chest-to-bar pull-ups Run 400 meters with a 20 pound medicine ball 25 Burpees | http://www.crossfit.com/mt-archive2/008262.html |
| Diane | 21-15-9 Rep Rounds For Time Of: Deadlift 225 lbs  Handstand push-ups 3 rounds for time | http://www.crossfit.com/mt-archive2/008327.html |
| DT | Five rounds for time of: 155 pound Deadlift, 12 reps 155 pound Hang power clean, 9 reps 155 pound Push jerk, 6 reps | http://www.crossfit.com/mt-archive2/004622.html |
| Elizabeth | 21-15-9 Rep Rounds For Time Of: Clean (135/95) Ring Dips | http://www.crossfit.com/mt-archive2/008484.html |
| Erin | Five rounds for time of: 40 pound Dumbbells split clean, 15 reps 21 Pull-ups | http://www.crossfit.com/mt-archive2/004206.html |
| Eva | Five rounds for time of: Run 800 meters 2 pood Kettlebell swing, 30 reps 30 Pull-ups | http://www.crossfit.com/mt-archive2/004780.html |
| Forrest | Three rounds for time of: 20 L-pull-ups 30 Toes to bar 40 Burpees Run 800 meters | http://www.crossfit.com/mt-archive2/007195.html |
| Fran | Three rounds, 21-15- and 9 reps, for time of: 95-pound Thruster Pull-ups | http://www.crossfit.com/mt-archive2/000611.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Garrett | Three rounds for time of: 75 Squats 25 Ring handstand push-ups 25 L-pull-ups | http://www.crossfit.com/mt-archive2/005262.html |
| Gator | Eight rounds for time of: 185 pound Front squat, 5 reps 26 Ring push-ups | http://www.crossfit.com/mt-archive2/007816.html |
| Glen | For time: 135 pound Clean and jerk, 30 reps Run 1 mile 15 foot Rope climb, 10 ascents Run 1 mile 100 Burpees | http://www.crossfit.com/mt-archive2/008621.html |
| Grace | For Time: 30 Clean and Jerks (135/95) | http://www.crossfit.com/mt-archive2/007994.html |
| Griff | For time: Run 800 meters Run 400 meters backwards Run 800 meters Run 400 meters backwards | http://www.crossfit.com/mt-archive2/003719.html |
| Hammer | Five rounds, each for time, of: 135 pound Power clean, 5 reps 135 pound Front squat, 10 reps 135 pound Jerk, 5 reps 20 Pull-ups Rest 90 seconds | http://www.crossfit.com/mt-archive2/007575.html |
| Hansen | Five rounds for time of: 2 pood Kettlebell swing, 30 reps 30 Burpees 30 Glute-ham sit-ups | http://www.crossfit.com/mt-archive2/004656.html |
| Helen | Three rounds for time: Run 400 meters 1 1/2 pood Kettlebell X 21 swings (or 55 pound dumbbell swing) 12 Pull-ups | http://www.crossfit.com/mt-archive2/002374.html |
| Hidalgo | For time: Run 2 miles Rest 2 minutes 135 pound Squat clean, 20 reps 20 Box jump, 24" box 20 Walking lunge steps with 45lb plate held overhead 20 Box jump, 24" box 135 pound Squat clean, 20 reps Rest 2 minutes Run 2 miles | http://www.crossfit.com/mt-archive2/008088.html |
| Holbrook | Ten rounds, each for time of: 115 pound Thruster, 5 reps 10 Pull-ups 100 meter Sprint Rest 1 minute | http://www.crossfit.com/mt-archive2/007405.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Holleyman | 30 rounds for time of: 5 Wall ball shots, 20 pound ball 3 Handstand push-ups 225 pound Power clean, 1 rep | http://www.crossfit.com/mt-archive2/008541.html |
| Isabel | For time: Snatch 135 pounds, 30 reps Use 95 pounds, 65 pounds or broomstick as needed. | http://www.crossfit.com/mt-archive2/007823.html |
| Jack | Complete as many rounds as possible in 20 minutes of: 115 pound Push press, 10 reps 10 KB Swings, 1.5 pood 10 Box jumps, 24 inch box | http://www.crossfit.com/mt-archive2/007130.html |
| Jackie | 1000 meter row 45 pound Thruster, 50 reps 30 pull-ups | http://www.crossfit.com/mt-archive2/004540.html |
| Jag 28 | For time: Run 800 meters 28 Kettlebell swings, 2 pood 28 Strict Pull-ups 28 Kettlebell clean and jerk, 2 pood each 28 Strict Pull-ups Run 800 meters | http://www.crossfit.com/mt-archive2/008361.html |
| Jared | 4 rounds for time of: Run 800 meters 40 Pull-ups 70 Push-ups | http://www.crossfit.com/mt-archive2/008537.html |
| Jason | For time: 100 Squats 5 Muscle-ups 75 Squats 10 Muscle-ups 50 Squats 15 Muscle-ups 25 Squats 20 Muscle-ups | http://www.crossfit.com/mt-archive2/002900.html |
| Jerry | For time: Run 1 mile Row 2K Run 1 mile | http://www.crossfit.com/mt-archive2/005420.html |
| Johnson | Complete as many rounds in 20 minutes as you can of: 245 pound Deadlift, 9 reps 8 Muscle-ups 155 pound Squat clean, 9 reps | http://www.crossfit.com/mt-archive2/007002.html |
| Josh | For time: 95 pound Overhead squat, 21 reps 42 Pull-ups 95 pound Overhead squat, 15 reps 30 Pull-ups 95 pound Overhead squat, 9 reps 18 Pull-ups | http://www.crossfit.com/mt-archive2/001748.html |
| Joshie | Complete three rounds for time of: 40 pound Dumbbell snatch, 21 reps, right arm 21 L Pull-ups 40 pound Dumbbell snatch, 21 reps, left arm 21 L Pull-ups | http://www.crossfit.com/mt-archive2/003232.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Jt | 21-15-9 reps of: Handstand push-ups Ring dips Push-ups | http://www.crossfit.com/mt-archive2/000838.html |
| Karen | For time: 150 Wallball shots, 20 pound ball | http://www.crossfit.com/mt-archive2/004884.html |
| Kelly | Five rounds for time of: Run 400 meters 30 Box jump, 24 inch box 30 Wall ball shots, 20 pound ball | http://www.crossfit.com/mt-archive2/008103.html |
| Ledesma | Complete as many rounds as possible in 20 minutes of: 5 Parallette handstand push-ups 10 Toes through rings 20 pound Medicine ball cleans, 15 reps | http://www.crossfit.com/mt-archive2/007432.html |
| Linda | 10-9-8-7-6-5-4-3-2-1 reps of the triplet: Deadlift: 1 1/2 body weight Bench press: body weight Clean: 3/4 body weight | http://www.crossfit.com/mt-archive2/008961.html |
| Luce | Wearing a 20 pound vest, three rounds for time of: 1K Run 10 Muscle-ups 100 Squats | http://www.crossfit.com/mt-archive2/006992.html |
| Lumberjack 20 | 20 Deadlifts (275lbs) Run 400m 20 KB swings (2pood) Run 400m 20 Overhead Squats (115lbs) Run 400m 20 Burpees Run 400m 20 Pullups (Chest to Bar) Run 400m 20 Box jumps (24") Run 400m 20 DB Squat Cleans (45lbs each) Run 400m | http://www.crossfit.com/mt-archive2/005100.html |
| Lynne | Five rounds for max reps of: Body weight bench press Pull-ups | http://www.crossfit.com/mt-archive2/003788.html |
| Mary | Complete as many rounds in 20 minutes as you can of: 5 Pull-ups 10 Push-ups 15 Squats | http://www.crossfit.com/mt-archive2/000974.html |
| Mccluskey | Three rounds of: 9 Muscle-ups 15 Burpee pull-ups 21 Pull-ups Run 800 meters | http://www.crossfit.com/mt-archive2/007470.html |
| Mcghee | Complete as many rounds in 30 minutes as you can of: 275 pound Deadlift, 5 reps 13 Push-ups 9 Box jumps, 24 inch box | http://www.crossfit.com/mt-archive2/005366.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Meadows | For time: 20 Muscle-ups 25 Lowers from an inverted hang on the rings, slowly, with straight body and arms 30 Ring handstand push-ups 35 Ring rows 40 Ring push-ups | http://www.crossfit.com/mt-archive2/007858.html |
| Michael | Three rounds for time of: Run 800 meters 50 Back Extensions 50 Sit-ups | http://www.crossfit.com/mt-archive2/000847.html |
| Moon | Seven rounds for time of: 40 pound dumbbell Hang split snatch, 10 reps Right arm 15 ft Rope Climb, 1 ascent 40 pound dumbbell Hang split snatch, 10 reps Left arm 15 ft Rope Climb, 1 ascent | http://www.crossfit.com/mt-archive2/007662.html |
| Moore | Complete as many rounds in 20 minutes as you can of: 15 ft Rope Climb, 1 ascent Run 400 meters Max rep Handstand push-up | http://www.crossfit.com/mt-archive2/007600.html |
| Moose | For Time:  1000 Meter Row 10 rounds: 7 Bar Facing Burpee’s, 3 Thrusters (95#/65#) 1200 Meter Run | http://readysetbeast.com/2013/03/27/wod-15-moose/ |
| Morrison | 50-40-30-20 and 10 rep rounds of: Wall ball shots, 20 pound ball Box jump, 24 inch box Kettlebell swings, 1.5 pood | http://www.crossfit.com/mt-archive2/007741.html |
| Mr. Joshua | Five rounds for time of: Run 400 meters 30 Glute-ham sit-ups 250 pound Deadlift, 15 reps | http://www.crossfit.com/mt-archive2/004207.html |
| Murph | For time: 1 mile Run 100 Pull-ups 200 Push-ups 300 Squats 1 mile Run | http://www.crossfit.com/mt-archive2/000881.html |
| Nancy | Five rounds for time of: 400 meter run 95 pound Overhead squat, 15 reps | http://www.crossfit.com/mt-archive2/004598.html |
| Nate | Complete as many rounds in 20 minutes as you can of: 2 Muscle-ups 4 Handstand Push-ups 8 2-Pood Kettlebell swings | http://www.crossfit.com/mt-archive2/003348.html |
| Nick | 12 rounds for time of: 45 pound Dumbbell hang squat clean, 10 reps 6 Handstand push-ups on dumbbells | http://www.crossfit.com/mt-archive2/008440.html |
| Nicole | Complete as many rounds in 20 minutes as you can of: Run 400 meters Max rep Pull-ups | http://www.crossfit.com/mt-archive2/004591.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Nutts | For time: 10 Handstand push-ups 250 pound Deadlift, 15 reps 25 Box jumps, 30 inch box 50 Pull-ups 100 Wallball shots, 20 pounds, 10' 200 Double-unders Run 400 meters with a 45lb plate | http://www.crossfit.com/mt-archive2/005448.html |
| Paul | Five rounds for time of: 50 Double unders 35 Knees to elbows 185 pound Overhead walk, 20 yards | http://www.crossfit.com/mt-archive2/005389.html |
| Pheezy | Three rounds for time of: 165 pound Front squat, 5 reps 18 Pull-ups 225 pound Deadlift, 5 reps 18 Toes-to-bar 165 pound Push jerk, 5 reps 18 Hand-release push-ups | http://www.crossfit.com/mt-archive2/008285.html |
| Rahol | Complete as many rounds as possible in  12 minutes of: 12 Box Jump, 24/20 inch 6 Thruster, 95/65 lb 6 Bar-facing burpees | http://crossfitrifles.blogspot.com/2012/03/rahol.html |
| Randy | 75 pound Power snatch, 75 reps for time. | http://www.crossfit.com/mt-archive2/003349.html |
| Rankel | Complete as many rounds as possible in 20 minutes of: 225 pound Deadlift, 6 reps 7 Burpee pull-ups 10 Kettlebell swings, 2 pood Run 200 meters | http://www.crossfit.com/mt-archive2/007362.html |
| Ricky | Complete as many rounds as possible in 20 minutes of: 10 Pull-ups 75 pound dumbbell Deadlift, 5 reps 135 pound Push-press, 8 reps | http://www.crossfit.com/mt-archive2/008089.html |
| Rj | Five rounds for time of: Run 800 meters 15 ft Rope Climb, 5 ascents 50 Push-ups | http://www.crossfit.com/mt-archive2/006959.html |
| Roy | Five rounds for time of: 225 pound Deadlift, 15 reps 20 Box jumps, 24 inch box 25 Pull-ups | http://www.crossfit.com/mt-archive2/007038.html |
| Ryan | Five rounds for time of: 7 Muscle-ups 21 Burpees | http://www.crossfit.com/mt-archive2/004205.html |
| Santiago | Seven rounds for time of: 35 pound Dumbbell hang squat clean, 18 reps 18 Pull-ups 135 pound Power clean, 10 reps 10 Handstand push-ups | http://www.crossfit.com/mt-archive2/007896.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Santora | Three rounds for reps of: 155 pound Squat cleans, 1 minute 20' Shuttle sprints (20' forward + 20' backwards = 1 rep), 1 minute 245 pound Deadlifts, 1 minute Burpees, 1 minute 155 pound Jerks, 1 minute Rest 1 minute | http://www.crossfit.com/mt-archive2/008017.html |
| Severin | 50 Strict Pull-ups 100 Push-ups, release hands from floor at the bottom Run 5K | http://www.crossfit.com/mt-archive2/007117.html |
| Ship | Nine rounds for time of: 185 pound Squat clean, 7 reps 8 Burpee box jumps, 36" box | http://www.crossfit.com/mt-archive2/008500.html |
| Small | Three rounds for time of: Row 1000 meters 50 Burpees 50 Box jumps, 24" box Run 800 meters | http://www.crossfit.com/mt-archive2/007687.html |
| Stephen | 30-25-20-15-10-5 rep rounds of: GHD sit-up Back extension Knees to elbow 95 pound Stiff legged deadlift | http://www.crossfit.com/mt-archive2/005238.html |
| Strange | Eight rounds for time of: 600 meter Run 1.5 pood Weighted pull-up, 11 reps 11 Walking lunge steps, carrying 1.5 pood kettlebells 1.5 pood Kettlebell thruster, 11 reps | http://www.crossfit.com/mt-archive2/008445.html |
| The Seven | Seven rounds for time of: 7 Handstand push-ups 135 pound Thruster, 7 reps 7 Knees to elbows 245 pound Deadlift, 7 reps 7 Burpees 7 Kettlebell swings, 2 pood 7 Pull-ups | http://www.crossfit.com/mt-archive2/005450.html |
| Thompson | 10 rounds for time of: 15 ft Rope Climb, 1 ascent 95 pound Back squat, 29 reps 135 pound barbells Farmer carry, 10 meters Begin the rope climbs seated on the floor. | http://www.crossfit.com/mt-archive2/007278.html |
| Tom | Complete as many rounds in 25 minutes as you can of: 7 Muscle-ups 155 pound Thruster, 11 reps 14 Toes-to-bar | http://www.crossfit.com/mt-archive2/008623.html |
| Tommy V | For time: 115 pound Thruster, 21 reps 15 ft Rope Climb, 12 ascents 115 pound Thruster, 15 reps 15 ft Rope Climb, 9 ascents 115 pound Thruster, 9 reps 15 ft Rope Climb, 6 ascents | http://www.crossfit.com/mt-archive2/003408.html |
| **WOD.class Default Values** | | |
| **wodName** | **wodName** | **wodName** |
| Tully | Four rounds for time of: Swim 200 meters 40 pound Dumbbell squat cleans, 23 reps | http://www.crossfit.com/mt-archive2/008566.html |
| Tumilson | 8 rounds for time of: Run 200 meters 11 Dumbbell burpee deadlifts, 60 pound dumbbells | http://www.crossfit.com/mt-archive2/008466.html |
| Tyler | Five rounds for time of: 7 Muscle-ups 95 pound Sumo-deadlift high-pull, 21 reps | http://www.crossfit.com/mt-archive2/005001.html |
| War Frank | Three rounds for time of: 25 Muscle-ups 100 Squats 35 GHD situps | http://www.crossfit.com/mt-archive2/005286.html |
| Weaver | Four rounds for time of: 10 L-pull-ups 15 Push-ups 15 Chest to bar Pull-ups 15 Push-ups 20 Pull-ups 15 Push-ups | http://www.crossfit.com/mt-archive2/007509.html |
| White | Five rounds for time of: 15' Rope climb, 3 ascents 10 Toes to bar 21 Walking lunge steps with 45lb plate held overhead Run 400 meters | http://www.crossfit.com/mt-archive2/007993.html |
| Whitten | Five rounds for time of: 22 Kettlebell swings, 2 pood 22 Box jump, 24 inch box Run 400 meters 22 Burpees 22 Wall ball shots, 20 pound ball | http://www.crossfit.com/mt-archive2/007310.html |
| Wilmot | Six rounds for time of: 50 Squats 25 Ring dips | http://www.crossfit.com/mt-archive2/007642.html |
| Wittman | Seven rounds for time of: 1.5 pood Kettlebell swing, 15 reps 95 pound Power clean, 15 reps 15 Box jumps, 24" box | http://www.crossfit.com/mt-archive2/007434.html |
| Wood | 5 Rounds for time of: Run 400 meters 10 Burpee box jumps, 24" box 95 pound Sumo-deadlift high-pull, 10 reps 95 pound Thruster, 10 reps Rest 1 minute | http://www.crossfit.com/mt-archive2/008043.html |

Table : Default Values for wodName, Contents, and URL data in WOD.class passed between Data File subsystem and Main subsystem.