







## 45 Minutes

You have 45 minutes to complete this workout



## AMRAP

As Many Rounds As Possible



## Beach

Fun WOD at the beach



## **Notes**

Modify or substitute any exercise to suit your fitness level



1 minute waik (or run) on hard sand



30 seconds walk on soft sand

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE



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