

# WOD #18



## Go For Time

Complete this workout as fast as possible



## 10 Sets

Complete 10 sets of each exercise below



## Beach

Fun WOD at the beach



## Notes

Modify or substitute any exercise to suit your fitness level



## 10 Squats



## 10 Push Ups



## 1 Minute Run (or walk) on hard sand

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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