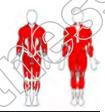


WOD #18





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) en hard sand

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

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