WEEK 1

MONDAY DATE:	TUESDAY DATE:	WEDNESDAY DATE:	THURSDAY DATE:	FRIDAY DATE:	SATURDAY DATE:	SUNDAY DATE:	NOTES
WORKOUT OF THE DAY M RUN 1 MILE FOR TIME:	WORKOUT OF THE DAY GW 25 – BODY WEIGHT SQUATS 10 - PULL-UPS 4 ROUNDS FOR TIME:	WORKOUT OF THE DAY MGW 10 – PUSH PRESS 15 - DIPS RUN 400 METERS 4 ROUNDS FOR TIME:	WORKOUT OF THE DAY MG RUN 800 METERS 30 - PUSH-UPS 30 - SIT-UPS 4 ROUNDS FOR TIME:	WORKOUT OF THE DAY W BOX SQUATS BENCH PRESS 10, 8, 6, 4, 4, 2 (MANAGABLE WEIGHT)	WORKOUT OF THE DAY REST	WORKOUT OF THE DAY REST	~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~~~~~~~~~~~~~~~~ ~~~~~CROSSFIT.COM~~~~~
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