

B	I	N	G	O
Support another Oconomowoc small business	Accumulate 10 minutes holding the bottom of a squat	Complete 1 "Girl" Benchmark WOD	Read a book	Introduce yourself to someone new at Rohkeus
Attend a class before 7am	Sign Up for the CrossFit Open	Log your food intake for 7 days	Attend 5 Classes in 1 Week	Practice Double Unders for 10 minutes after class
Share a gym selfie on social media and tag CrossFit Rohkeus	Take a class at a time you have never attended	FREE	Attend Sunday Barbell Club	Complete a 5 person pyramid and share the photo
Consume 800g Vegetables/Fruit per day for 7 days	Set a Personal Best Lift	Coordinate gym outfits with another member	Complete Assault Bike Tabata and Log score in SugarWOD	Leave a Google Review for CrossFit Rohkeus
Complete 50 burpees after class	Attend a Saturday Class	Partner WOD with someone new	Write down your 2024 fitness goal and give to coach Kasey or Nick	Bring a friend to class

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Coordinate gym outfits with another member	Leave a Google Review for CrossFit Rohkeus	Share a gym selfie on social media and tag CrossFit Rohkeus	Sign Up for the CrossFit Open	Complete 50 burpees after class

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Attend a Saturday Class	Partner WOD with someone new	Attend 5 Classes in 1 Week	Leave a Google Review for CrossFit Rohkeus	Attend Sunday Barbell Club
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