

B	I	N	G	O
Sled Pull	5:30 AM Run	Doubles	Sandbag Lunges	Rest Day
Burpees	Skierg	Roxzone	90 degree squat	Run Club
Singles	Sled Push	FREE	Alpha Conditioning	Hot Yoga
Knee Touches Ground	Sauna	Lifetime	GTX	Rowing
Farmers Carry	Alpha Strength	Run 1K	Wall Balls	Cheer Squad

B	I	N	G	O
Sled Push	90 degree squat	Sandbag Lunges	Burpees	Roxzone
Doubles	Wall Balls	Rest Day	Alpha Strength	Run Club
Knee Touches Ground	Alpha Conditioning	FREE	Hot Yoga	5:30 AM Run
GTX	Run 1K	Sled Pull	Cheer Squad	Sauna
Lifetime	Rowing	Singles	Skierg	Farmers Carry

B	I	N	G	O
Alpha Strength	Run 1K	90 degree squat	Rowing	Alpha Conditioning
Sled Pull	Knee Touches Ground	Lifetime	Skierg	Rest Day
Singles	Cheer Squad	FREE	Sauna	GTX
Sled Push	Run Club	Sandbag Lunges	Wall Balls	Doubles
Hot Yoga	5:30 AM Run	Roxzone	Burpees	Farmers Carry