

B	I	N	G	O
SLED PULL	5:30 AM RUN CLUB	FARMERS CARRY	SANDBAG LUNGES	MISSING SLED POLES MYSTERY
BELOW 90 DEGREE SQUAT	SKIERG	ROWING	ALPHA CONDITIONING	RUN 1K
SINGLES DOUBLES RELAY	SIED PUSH	FREE	ALPHA STRENGTH	HYROX
KNEE TOUCHES GROUND	SAUNA	LIFETIME	HOT YOGA	RECOVERY DAY
GTX	BBJ	ROXZONE	WALL BALLS	CHEER SQUAD

B	I	N	G	O
SIED PUSH	ALPHA CONDITIONING	SANDBAG LUNGES	BELOW 90 DEGREE SQUAT	ROWING
FARMERS CARRY	WALL BALLS	MISSING SLED POLES MYSTERY	BBJ	RUN 1K
KNEE TOUCHES GROUND	ALPHA STRENGTH	FREE	HYROX	5:30 AM RUN CLUB
HOT YOGA	ROXZONE	SLED PULL	CHEER SQUAD	SAUNA
LIFETIME	RECOVERY DAY	SINGLES DOUBLES RELAY	SKIERG	GTX

B	I	N	G	O
BBJ	ROXZONE	ALPHA CONDITIONING	RECOVERY DAY	ALPHA STRENGTH
SLED PULL	KNEE TOUCHES GROUND	LIFETIME	SKIERG	MISSING SLED POLES MYSTERY
SINGLES DOUBLES RELAY	CHEER SQUAD	FREE	SAUNA	HOT YOGA
SIED PUSH	RUN 1K	SANDBAG LUNGES	WALL BALLS	FARMERS CARRY
HYROX	5:30 AM RUN CLUB	ROWING	BELOW 90 DEGREE SQUAT	GTX