

Primal Body Athletics

Take a class at a time you have never attended	Accumulate 10 minutes holding the bottom of a squat	Complete 1 "Girl" Benchmark WOD	Set a Personal Best Lift	Introduce yourself to someone new at Primal Body
Bring a friend to class	Tag Primal Body in Story/Reel	Partner WOD with someone new	Attend Sunday Barbell Club	Read a book
Support another Citrus County small business	Wear Primal Gear Post pic on social & tag gym	FREE	Attend a Saturday Class	Complete a 5 person pyramid and share the photo
Consume 800g Vegetables/Fruit per day for 7 days	Share a gym selfie on social media and tag Primal Body Athletics	Coordinate gym outfits with another member	Complete Assault Bike Tabata and Log score in SugarWOD	Leave a Google Review for Primal Body Athletics
Complete 27 burpees after class	Attend a class before 7am	Practice Double Unders for 10 minutes after class	Write down your 2026 fitness goal and give to coach	Clean Equipment

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Complete Assault Bike Tabata and Log score in SugarWOD	Practice Double Unders for 10 minutes after class	Take a class at a time you have never attended	Clean Equipment	Share a gym selfie on social media and tag Primal Body Athletics
Coordinate gym outfits with another member	Leave a Google Review for Primal Body Athletics	Support another Citrus County small business	Tag Primal Body in Story/Reel	Complete 27 burpees after class

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