



**WITH
YOU**

TUESDAY 3.17



WORKOUT OF THE DAY (WOD)

NO EQUIPMENT

10' AMRAP

Run/Walk/Bike/Row for Distance

REST 3'

10' AMRAP

20 Jumping Jacks

20 Mtn. Climbers

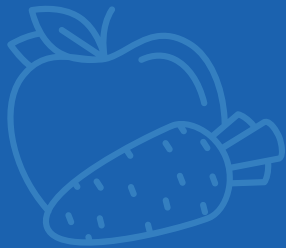
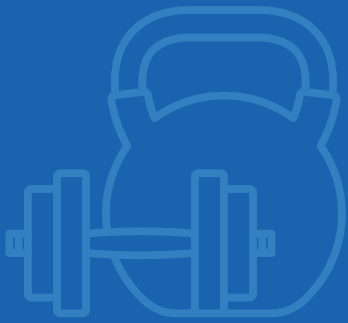
20 Up/Downs

20 Reverse Crunch

REST 3'

10' AMRAP

Run/Walk/Bike/Row for Distance



For a better us.