

A muscular man with a beard is performing a pull-up on a metal bar in a gym. He is shirtless, showing his abdominal muscles, and wearing blue shorts. The background shows gym equipment and a dark setting.

Thefitnessphantom.com

CROSSFIT HERO WOD LIST

1. Murph
2. Michael
3. Zachary Tellier
4. **The Seven**
5. Holleyman
6. Bert
7. Daniel
8. Josh
9. Jason
10. Badger
11. Joshie
12. Griff
13. The Ryan
14. Mr Joshua
15. Danny
16. Hansen
17. Stephen
18. Garret
19. War Frank
20. Lumberjack 20

Crossfit Wod Exercise Manual

CrossFit Workout log book



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Crossfit WOD Book Be Organized,2020-02-06 Amazing log book for crossfit lovers with 200 ready pages when you can write in your workout of the day strength skills date and notes Just look inside to see awesome interior This notebook is made of high quality white paper and matte cover finish It s perfect medium size 6x9 inches so it can be with you everywhere and anytime Great idea for birthday or christmas gifts for your friends or family members It s absolutely must have for beginners and advanced athletes who wants to watch their progress

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