

WOD #14



60 Minutes

You have 60 minutes to complete this workout



Weekend

Relaxing activity. This activity can also be done any day of the week



Notes

Modify or substitute any exercise to suit your fitness level



Favorite Sport



Walking or Running



Cycling



Dancing

60 minutes

Cardio activity of choice



Canoeing
Kayaking
Paddle Boarding
Surfing



Swimming

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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