



Go For Time

Complete this workout as fast as possible



7 Sets

Complete 7 sets of each exercise below



Beach

Fun WOD at the beach



Notes

Modify or substitute any exercise to suit your fitness level



2 Minutes Swim



1 Minute Run (or walk) on hard sand

1 Minute Squats

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

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