



CrossFit Bern Baseline Workout

Datum:

Namen:

500m Row	Start Speed:	End Speed:	Total Time:
	Notes:		
40 Squats	Notes:		
			<input style="width: 50px; height: 20px;" type="text"/>
30 Sit-Ups	Notes:		
			<input style="width: 50px; height: 20px;" type="text"/>
20 Push-Ups	Push-Ups: Knees Toes		
	Notes:		
			<input style="width: 50px; height: 20px;" type="text"/>
10 Pull-Ups	Rubberband: Mini Black Purple Green		
	Notes:		
Finish Time:			
Notes:			