

RX Athlete Weekly Workout Log | www.chistroud.net

	Barbell	Gymnastics	WOD
Day 1			

	Barbell	Gymnastics	WOD
Day 2			

	Barbell	Gymnastics	WOD
Day 3			

	Barbell	Gymnastics	WOD
Day 4			

	Barbell	Gymnastics	WOD
Day 5			