

RX Athlete Weekly Workout Log | [www.chistroud.net](http://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			