



Bell City CrossFit Re-Opening Countdown!!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	20 Burpees 20 Sit-ups 20 Squats 20 Push-ups 20 Lunges, ea	19 Burpees 19 Sit-ups 19 Squats 19 Push-ups 19 Lunges, ea	18 Burpees 18 Sit-ups 18 Squats 18 Push-ups 18 Lunges, ea	17 Burpees 17 Sit-ups 17 Squats 17 Push-ups 17 Lunges, ea	16 Burpees 16 Sit-ups 16 Squats 16 Push-ups 16 Lunges, ea	15 Burpees 15 Sit-ups 15 Squats 15 Push-ups 15 Lunges, ea
7	8	9	10	11	12	13
14 Burpees 14 Sit-ups 14 Squats 14 Push-ups 14 Lunges, ea	13 Burpees 13 Sit-ups 13 Squats 13 Push-ups 13 Lunges, ea	12 Burpees 12 Sit-ups 12 Squats 12 Push-ups 12 Lunges, ea	11 Burpees 11 Sit-ups 11 Squats 11 Push-ups 11 Lunges, ea	10 Burpees 10 Sit-ups 10 Squats 10 Push-ups 10 Lunges, ea	9 Burpees 9 Sit-ups 9 Squats 9 Push-ups 9 Lunges, ea	8 Burpees 8 Sit-ups 8 Squats 8 Push-ups 8 Lunges, ea
14	15	16	17	18	19	20
7 Burpees 7 Sit-ups 7 Squats 7 Push-ups 7 Lunges, ea	6 Burpees 6 Sit-ups 6 Squats 6 Push-ups 6 Lunges, ea	5 Burpees 5 Sit-ups 5 Squats 5 Push-ups 5 Lunges, ea	4 Burpees 4 Sit-ups 4 Squats 4 Push-ups 4 Lunges, ea	3 Burpees 3 Sit-ups 3 Squats 3 Push-ups 3 Lunges, ea	2 Burpees 2 Sit-ups 2 Squats 2 Push-ups 2 Lunges, ea	1 Burpee 1 Sit-up 1 Squat 1 Push-up 1 Lunges, ea