

NAME _____ PERIOD _____

WISEBURN CROSSFIT P.E. MISSING WORKOUT / HOME WOD ASSIGNMNET

Using any of the 3 links found on <http://wiseburncrossfit.org/home-wods>, select any Home/Travel WOD and complete it at home to receive full credit for a WOD you missed in class. While you are free to select any WOD, try to select a WOD that has similar movements/skills than the WOD you missed in class (use the blog to see what WOD you missed)!

In addition to filling in the requested information below for your home WOD, you must also:

- Update your CrossFit PE fitness journal for your workout
- Have a parent/guardian initial below to verify completion

Date: _____

MY HOME WOD WAS:

WOD RESULTS (ex: your time, # rounds, etc):

PARENT/GUARDIAN INITIALS: _____

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