CrossFit Amarillo Bingo Challenge 2018

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| Do a partner WOD with someone new | 200 Lunges | Come to class 5 days in a row | Take a picture that shows why you love CFA and post on social media and tag us | 200 partner wall ball sit ups |
| Do 10, 15, 25 or 50 unbroken double unders after a WOD (coach will decide based on ability) | Row 5K | Post of video of yourself with a PR and use #crossfitamarillo #cfastrong #lvoemygym | 100 Burpee buy out after a WOD | Log 10 workouts in Zenplanner |
| 150 kettlebell swings after a WOD  | Take a pic of your whole class & post to social media tag us |  | Go out for a meal with 1 or more gym buddies and tag us | Cheer on another athlete who’s finishing a tough WOD |
| High Five the entire class after a WOD | Write a CFA review on Facebook or Google | Do 100 calories on the Assault bike in one session | Post a sweaty picture of you in your CFA gear on social media and tag us | Attend a Saturday Partner WOD class |
| Find a way to show your coach you love them! | Create a human pyramid under the CFA sign, post and tag us | Set a new PR! | Complete 50 synchronized burpees with a friend | Bring a friend or family member with you to a CrossFit class |
| Check in on facebook and tag all your buddies | Attend a class time you’ve never attended before | Yell out “I love burpees while doing burpees in a WOD” | Do a 50 cal buyout after WOD | Write a FB group post about a CFA buddy about how and why they Inspire! |