

09:52 AM



ABC WOD

Add workout

Title: Duration: ▼No of participants: ▼Category: ▼

Equipment: ☐ Barbell
☐ Dumbbell
☐ Rower
☐ Rig
☐ Plyobox

Workout:

09:52 AM



ABC WOD

Title of wod

Category



No of participants



Duration

Equipment list

