

# 6 WEEK PT

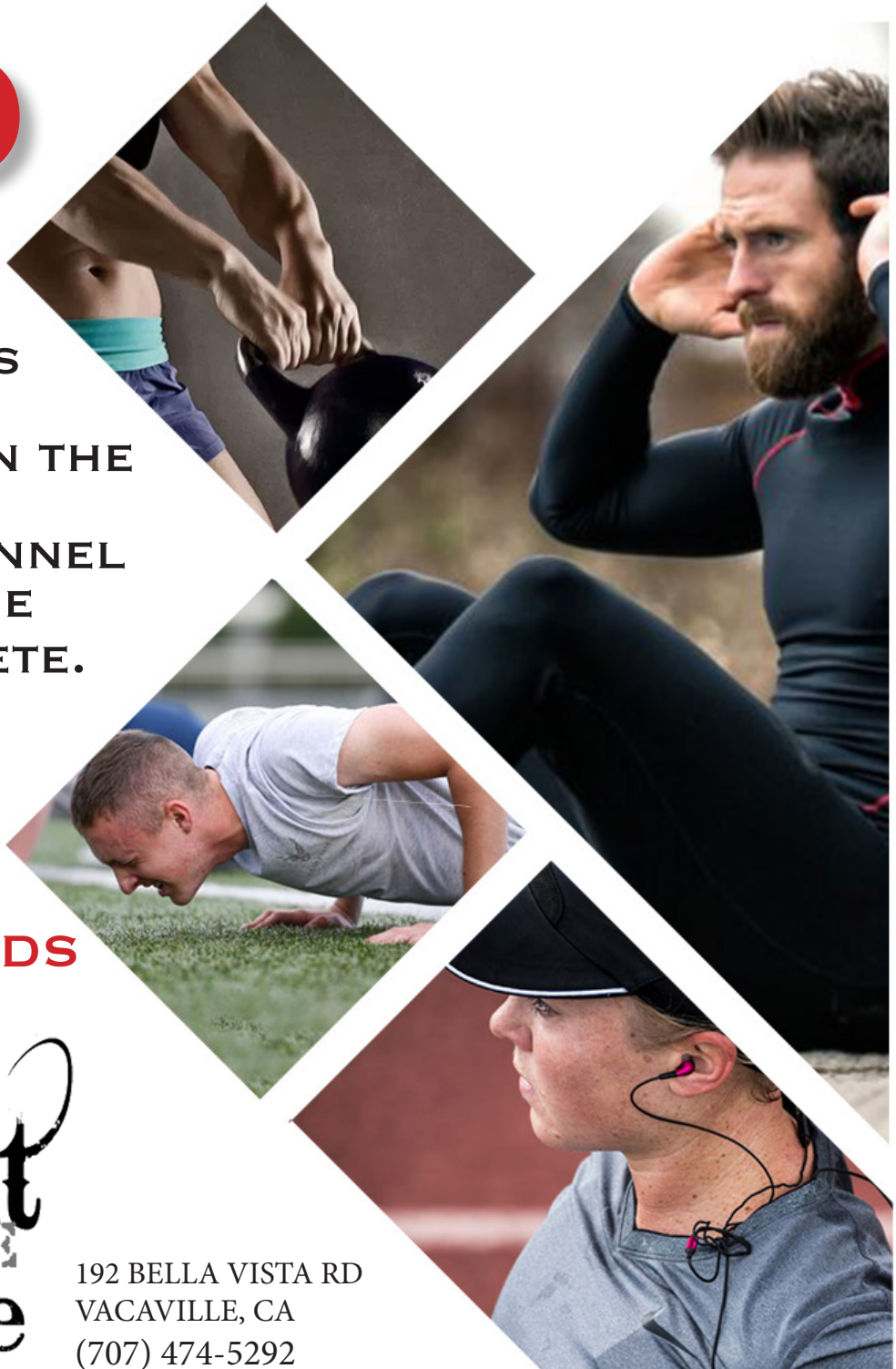
GUARANTEED TO IMPROVE YOUR SCORE

# PREP PROGRAM

# \$199

THIS PROGRAM IS DESIGNED TO CHALLENGE EVEN THE MOST VETERAN MILITARY PERSONNEL AND DEVELOP THE BEGINNER ATHLETE.

- ✦ RUNNING
- ✦ SIT-UPS
- ✦ PUSH-UPS
- ✦ CROSSFIT WODS



**CrossFit**  
TOUGH LOVE  
**Vacaville**

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