

CROSSFIT REBELS CREATE YOUR OWN SUCK LIST

GYMNASTICS-BODYWEIGHT-CARDIO			LOADED-BARBELL	
<input type="checkbox"/> Back Ext (BE) <input type="checkbox"/> Bear Crawl/Walk <input type="checkbox"/> Crab Walk <input type="checkbox"/> Box Jump <input type="checkbox"/> Broad Jump <input type="checkbox"/> Burpee <input type="checkbox"/> Dip <input type="checkbox"/> Dip-Rings <input type="checkbox"/> Dip-weighted <input type="checkbox"/> Jumping Jacks-Fast <input type="checkbox"/> Jumping Jacks <input type="checkbox"/> Jumping Jacks-Leprechan <input type="checkbox"/> Flutter Kicks (4 ct) <input type="checkbox"/> Jump rope-Double Under <input type="checkbox"/> GHD-GHR <input type="checkbox"/> Handstand-hold <input type="checkbox"/> Handstand-push up <input type="checkbox"/> Handstand-ring Push up <input type="checkbox"/> Handstand-walk <input type="checkbox"/> Headstand <input type="checkbox"/> Hip Ext (GHD) <input type="checkbox"/> Hollow Rock <input type="checkbox"/> Hollow Hold <input type="checkbox"/> Iron Cross (LOL!) <input type="checkbox"/> Jump Squat <input type="checkbox"/> Jump Lunge <input type="checkbox"/> Kip up (supine to squat/stand) <input type="checkbox"/> KZE	<input type="checkbox"/> Lever-Back <input type="checkbox"/> Lever-Front <input type="checkbox"/> Lever-Leg <input type="checkbox"/> L-Sit <input type="checkbox"/> L-Sit-rings <input type="checkbox"/> Hang-Monkey <input type="checkbox"/> Hang-False Grip <input type="checkbox"/> Mountain Climbers <input type="checkbox"/> Musle up-bar <input type="checkbox"/> Muscle up-rings, kip <input type="checkbox"/> Muscle up-rings, strict <input type="checkbox"/> Parallette shoot thrus. <input type="checkbox"/> Pistols <input type="checkbox"/> Pistols-weighted <input type="checkbox"/> Pistols-OH weighted <input type="checkbox"/> Box Jump <input type="checkbox"/> Box Jump-single leg <input type="checkbox"/> Jump Rope-Speed Rope <input type="checkbox"/> Jump Rope-Single Leg <input type="checkbox"/> Planche <input type="checkbox"/> Planch-frog stand <input type="checkbox"/> Plank <input type="checkbox"/> Plank-side <input type="checkbox"/> Pull up-strict <input type="checkbox"/> Pull up-Butterfly <input type="checkbox"/> Pull up-Chest to Bar <input type="checkbox"/> Pull up-Chin up <input type="checkbox"/> Pull up-Kipping <input type="checkbox"/> Pull up-Jumping	<input type="checkbox"/> Pull up- L-pull up <input type="checkbox"/> Pull up-towel <input type="checkbox"/> Pull up-weighted <input type="checkbox"/> Pull up-Behind the neck <input type="checkbox"/> Ring Row <input type="checkbox"/> Push up <input type="checkbox"/> Push up-hand release <input type="checkbox"/> Push up-ball <input type="checkbox"/> Push up-Plyometric <input type="checkbox"/> Push up-rings <input type="checkbox"/> Push up-true <input type="checkbox"/> Push up-spiderman <input type="checkbox"/> Rolls-Backward <input type="checkbox"/> Rolls-Forward <input type="checkbox"/> Rope Cimb <input type="checkbox"/> Sit up-abmat <input type="checkbox"/> Sit up-GHD <input type="checkbox"/> Skin the cat <input type="checkbox"/> Squat <input type="checkbox"/> Pistol-deck <input type="checkbox"/> Superman/Arch Rock <input type="checkbox"/> Toes to Bar <input type="checkbox"/> Tuck Jump <input type="checkbox"/> V-Up <input type="checkbox"/> Walking Lunge <input type="checkbox"/> Walking Lunge-weighted <input type="checkbox"/> Wall climbs <input type="checkbox"/> Windshield Wipers <input type="checkbox"/> Run-various distances <input type="checkbox"/> Row-various distances	<input type="checkbox"/> Ball Slam <input type="checkbox"/> Clean & Jerk-Full <input type="checkbox"/> Clean-Hang <input type="checkbox"/> Clean-Hang Poewr <input type="checkbox"/> Clean-Power <input type="checkbox"/> Clean-full squat <input type="checkbox"/> Clean & Jerk-power <input type="checkbox"/> Jerk-Push <input type="checkbox"/> Jerk-Split <input type="checkbox"/> Jerk-Squat <input type="checkbox"/> Jerk-BTN <input type="checkbox"/> Press <input type="checkbox"/> Press-BTN <input type="checkbox"/> Press-Bench <input type="checkbox"/> Kettlebell Swing-American <input type="checkbox"/> Kettlebell Swing-Russian <input type="checkbox"/> Sled Push <input type="checkbox"/> Sledge Hammer Strikes <input type="checkbox"/> Snatch-power <input type="checkbox"/> Snatch-full <input type="checkbox"/> Snatch-hang power <input type="checkbox"/> Snatch-hang <input type="checkbox"/> Snatch Balance-heaving <input type="checkbox"/> Snatch Balance-pressing <input type="checkbox"/> Snatch Balance <input type="checkbox"/> Squat-Back <input type="checkbox"/> Squat-Front <input type="checkbox"/> Squat-OH <input type="checkbox"/> Thruster	<input type="checkbox"/> Turkish Get Up <input type="checkbox"/> Wall Ball <input type="checkbox"/> Deadlift <input type="checkbox"/> Deadlift-Sumo <input type="checkbox"/> Deadlift-SDHP
				MY PERSONAL SUCK LIST
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NAME: _____