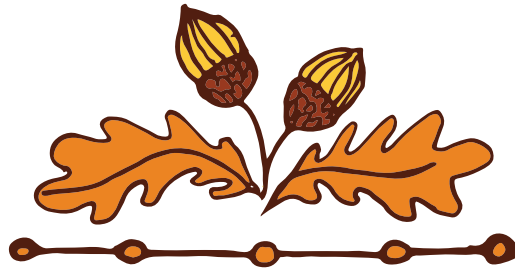




SHAKE YOUR TAILFEATHER

THANKSGIVING SWEAT-FEST!



5 ROUNDS FOR TIME:

5 THRUSTERS

10 PULLUPS

15 DELOAD PUSHUPS

RUN 1/4 MILE

FEAST FINISHER:

1 MIN FRONT PLANK

1 MIN SIDE PLANK RIGHT

1 MIN SIDE PLANK LEFT

50 V-UPS

