

June/July 2014

CROSSFIT

CENTRAL ★ HOUSTON



UPCOMING EVENTS...

Check the [blog page](#) for more updates, info, and announcements!

JULY 12th: My Mommy Is Stronger Than Your Mommy Competition @ 5th Gear CrossFit (Cindy, Lauren H., Erica)

JULY 19th: Beach WOD and BBQ @ Surfside Beach

JULY 25th - 27th: CrossFit Games in Carson, CA

August 23rd: Gulf Coast Gauntlet @ Moody Gardens



CROSSFIT
CENTRAL • HOUSTON

July Six Pack Challenge

50 reps of an ab exercise of your choice every day in July

plank holds ● abmat situps ● elbows to hands ● medball situps ● hollow rocks ● GHD situps ● bicycles ● L-sits ● pass thrus ● K2E ● T2B ● medball twists ● barbell roll ● flutter kicks ● weighted side bends





Welcome Grace and Stephanie to our coaching staff!! These ladies have done an awesome job through their training process, and will now be taking over Endurance classes!



Need more ideas for healthy things to cook at home? Our [Pinterest](#) page is loaded with delicious recipes!

Interested in a class time that we don't offer, like 7am or noon? You can always ask! If we have enough interest in a new class time, then we'll consider adding it to the schedule!

All human beings should be able to perform basic maintenance on themselves.



Want to stay injury free? Get stronger? Be pain free? Move more comfortably through workouts? VISIT MOBILITYWOD.COM or MOBILITYWOD on YouTube for short mobility videos that will change your life!

CROSSFIT
CENTRAL - HOUSTON

BEACH WOD

AND BBQ

BRING A SUIT & A SIDE DISH
FAMILIES WELCOME!

SATURDAY
JULY 19TH
11AM

303 JETTY VIEW
SURESIDE, TX