More stories at WordBlanks.com

CrossFit Workout of the Day

1. Number _____
2. Number _____
3. Verb Present Ends In Ing _____
4. Verb Present Ends In Ing _____
5. Number _____
6. Verb Present Ends In Ing _____
7. Verb Present Ends In Ing _____
8. Number _____
9. Verb Present Ends In Ing _____
10. Adjective _____
11. Verb Present Ends In Ing _____
12. Noun Plural _____

CrossFit Workout of the Day

Tuesday 200211

On a 15-minute running clock, for max reps:

_____Number_____ rounds of:

_____Number_____ seconds of _____Verb Present ends in ING_____, 10 seconds of _____Verb Present ends in ING_____

_____Number_____ seconds of _____Verb Present ends in ING_____, 10 seconds of _____Verb Present ends in ING_____

Then, _____Number_____ rounds of _____Verb Present ends in ING_____ and _____Adjective_____ _____Verb Present ends in ING_____

Then, _____Repeat Last Number_____ rounds of _____Repeat Last Verb Present ends in ING_____ and squatting _____Noun Plural_____

Post total reps completed at each exercise to comments.

©2026 WordBlanks.com · All Rights Reserved.