



Workout to Support the Troops!!

The 3rd Annual Trevor A. Win'E Memorial Day Challenge

SAVE THE DATE!! May 25th, 2009

Teams of four work to complete:

300 Pull ups

400 Push ups

500 Sit ups

600 Squats

Contact CrossFit OC or your local Affiliate gym for details:

www.crossfitorangecounty.com

Visit the Trevor Win'E Memorial Website:

<http://www.trevorwine.com/article.php>

