CrossFit San Leandro and Tamalpais CrossFit Present: 2ND ANNUAL CINDY-A-THON

May 18, 2019

"CINDY" 20 MINUTE AMRAP

5 PULL UPS 10 PUSH UPS 15 AIR SQUATS

*** OR ANY OTHER VARIATION OF THESE MOVEMENTS

Supporting: Courageous Women Association

Please "make a copy" under FILE on the above toolbar. Then you can have your own pledge sheet to share.

DONOR NAME	PHONE # and EMAIL	\$ per Round	Flat Rate \$	Payment Cash / Check / PayPal	Payment Recived Y/N