



DECONSTRUCT the SNATCH



Master the most Complex Movement in CrossFit

- Experience an ASIAN inspired GROUND UP progression
- Learn Movement Specific PREP and MOBILITY
- Improve PERFORMANCE while REDUCING Risk

Join, Coach Joe, National Level Weightlifter, and Former Games Athletes, with

Dr. Danny, Internationally recognized Physical Therapist
on Oct 24th at CrossFit RX

Start time 9 am Cost \$150.00



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