

CrossFit

Untersberg

Kraftwerk

homeWOD BINGO

special Edition

spring cleaning CrossFit Style	Yoga 30min	bake a cake & share it	ride your bike 1-2h
call family & friends	get creative! draw, do hand- crafts, play music,...	tidy out	cook & eat healthy for a day
jump into the water for the first time this year like Königsseeache or Almkanal	give somebody a treat by sur- prising he or she	which 5 attribu- tes do you like on yourself? note them down for you	take a book you like & read it
play a game with somebody	turn up the music & dance	start your day without your mobil; switch it on past 10am	get to know where you live by foot & explo- re unknown corners