

Cross Fit Workout

By
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dedicated to
Coach Rob

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It's almost summer. I am going to my grandma's house. I am going swimming. I almost hit Maile. My hat flew away



but my mom got it. I made a splash. I did a cannonball. Then I ran on the diving board. That was in 2009.



This summer, I am going to do a cross fit workout with Coach Rob and my brother Conner is going too. We did pushups and we did pull

ups. We did mountain climbers. Coach Rob is the best. Connor is the best. I like Connor. Now, Connor and I are eating vegetables. I am going to like Coach Rob. Every summer, I am going to do cross fit workout.

