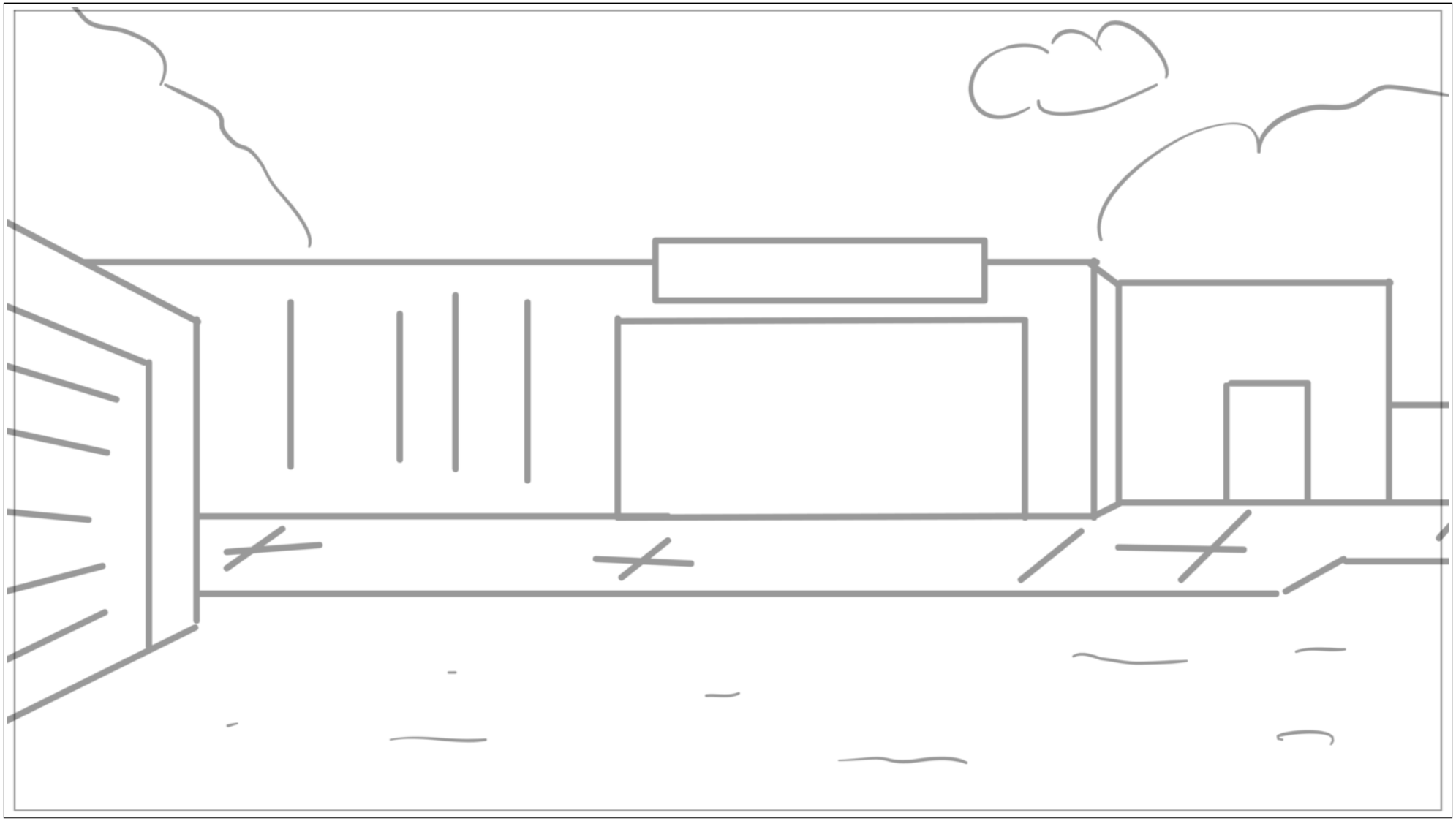
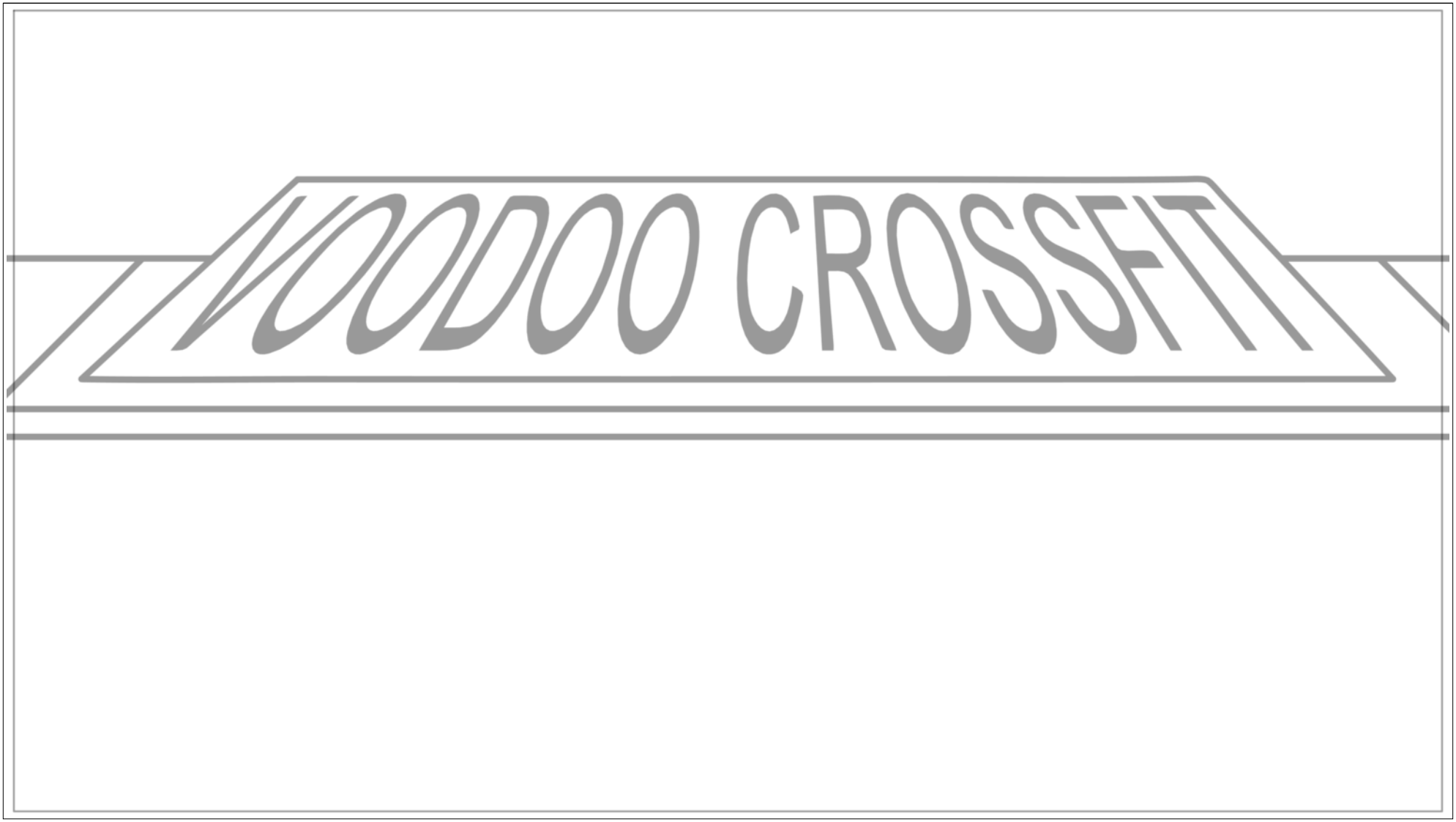
Crossfit

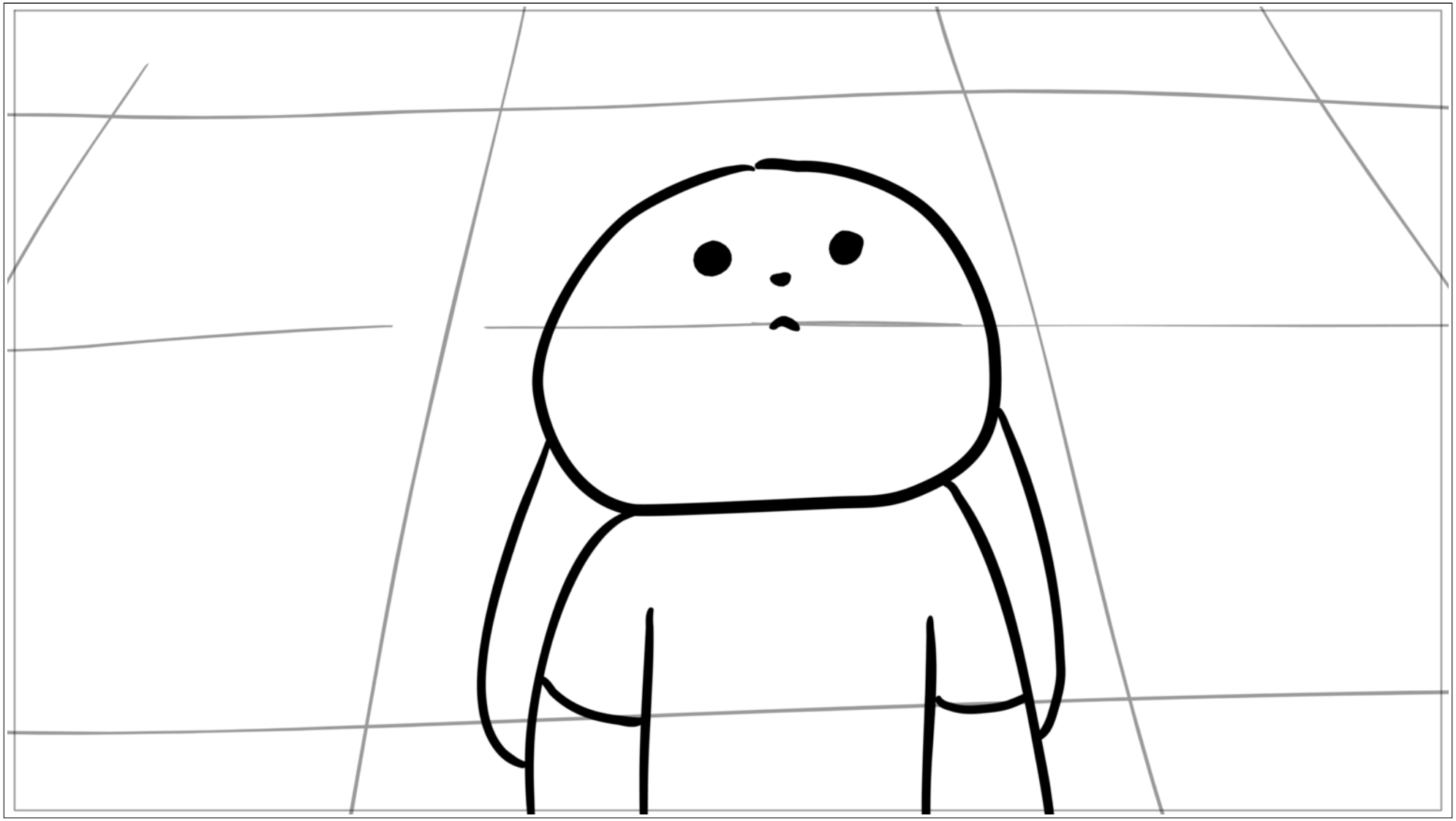
Scene	Duration	Panel	Duration
1	26:00	1	01:00



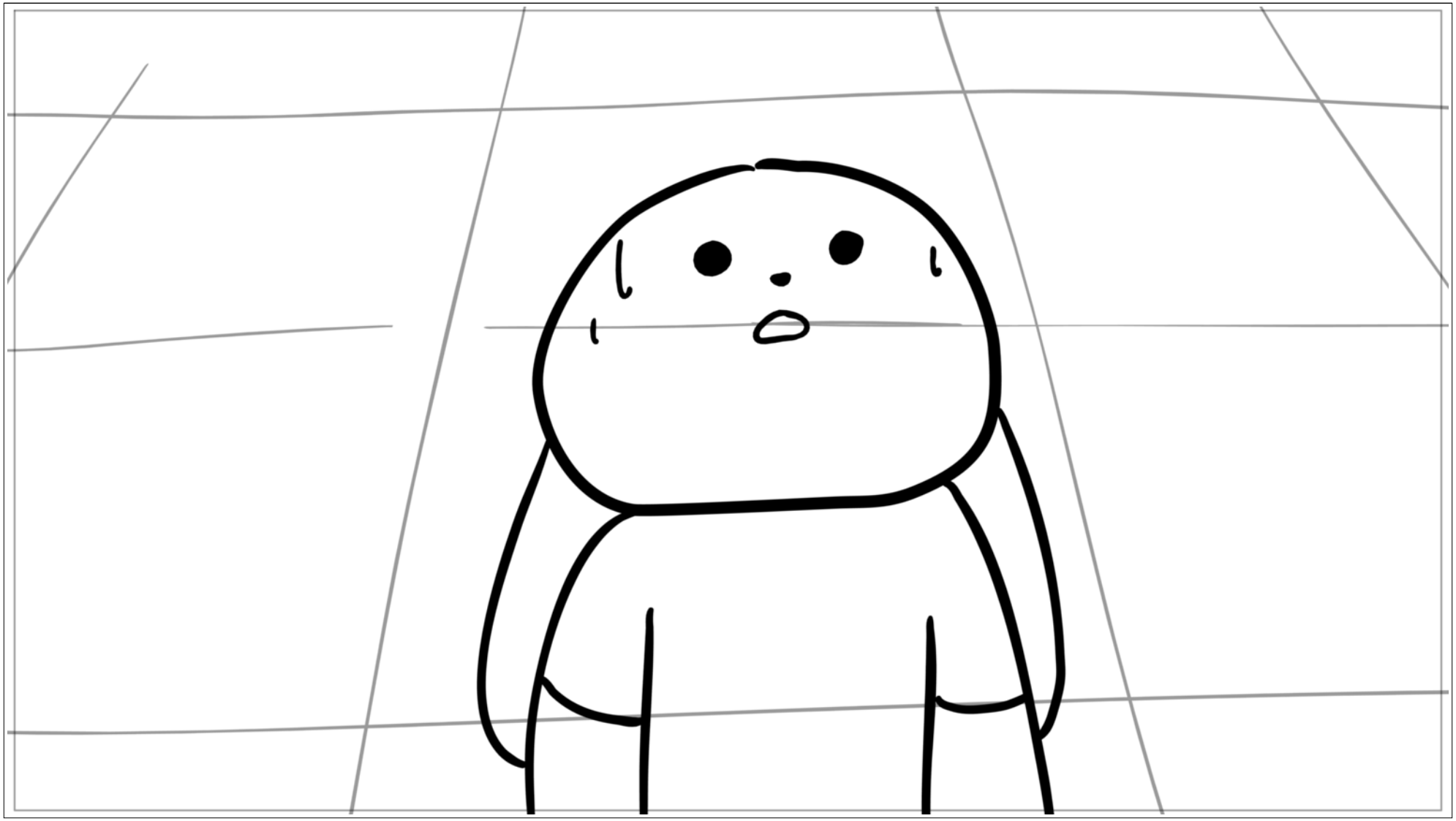
Scene	Duration	Panel	Duration
1	26:00	2	01:00



Scene	Duration	Panel	Duration
1	26:00	3	01:00

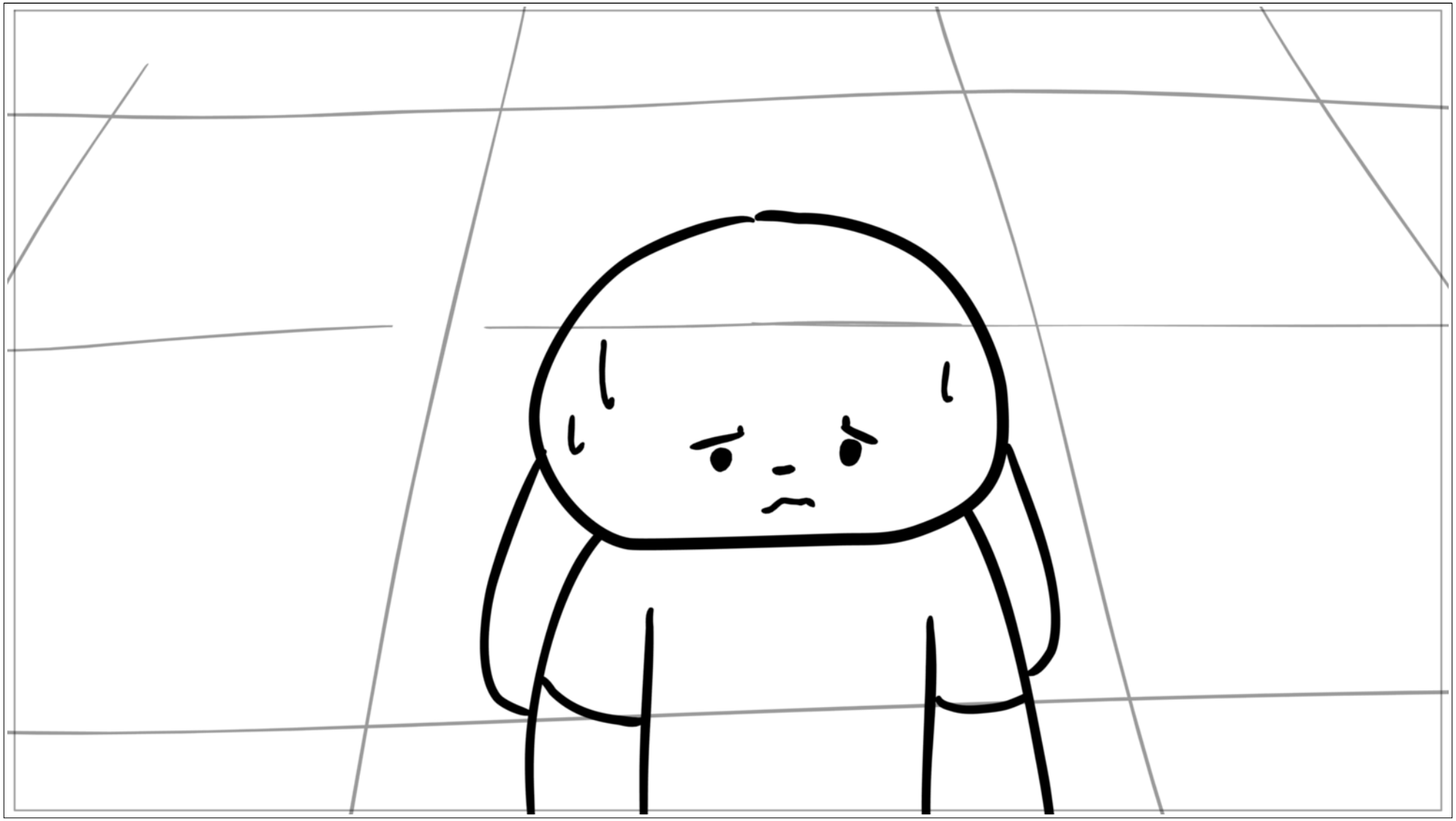


Scene	Duration	Panel	Duration
1	26:00	4	01:00

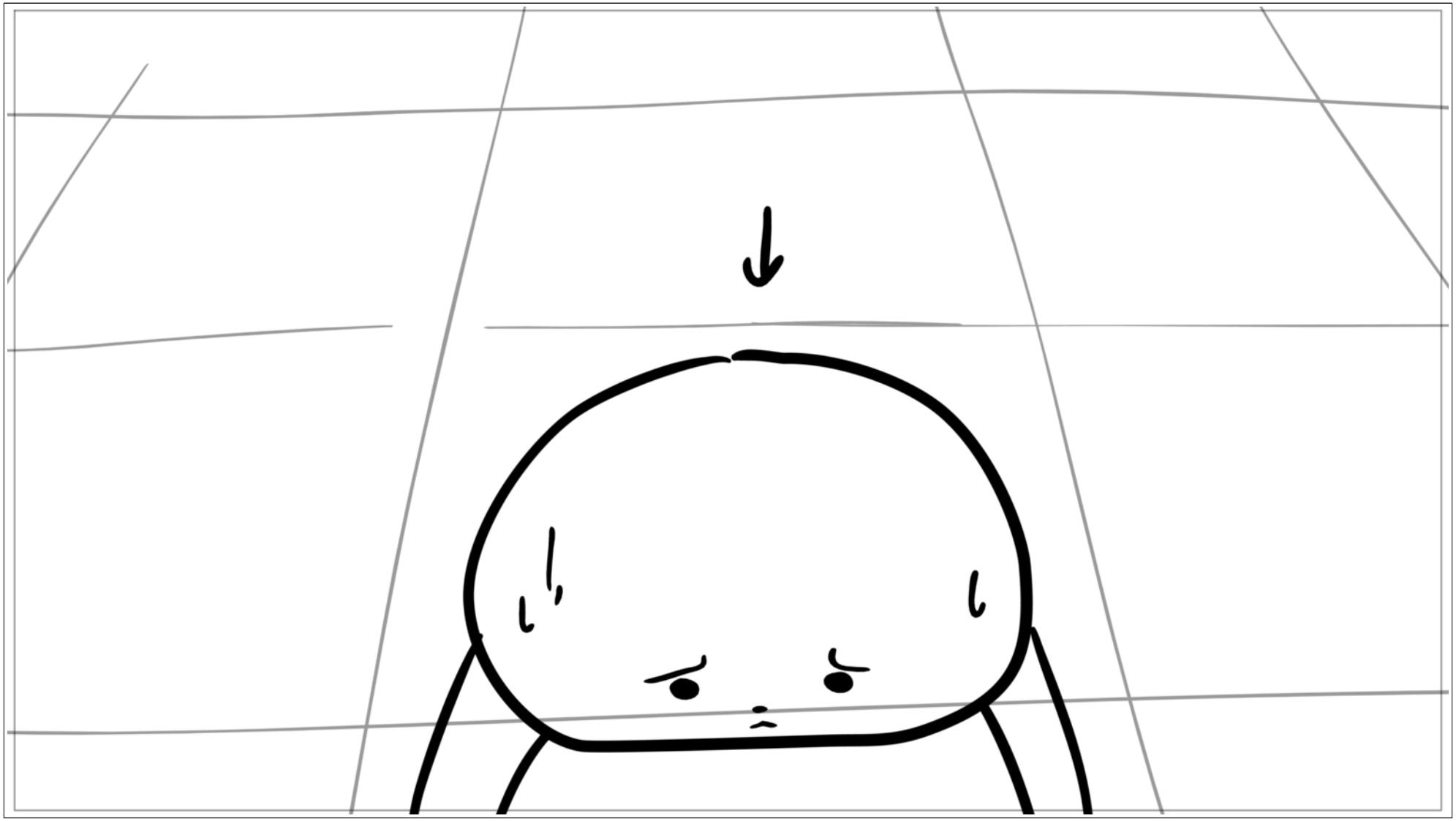


Dialog
Gabriel: Well, here goes nothing

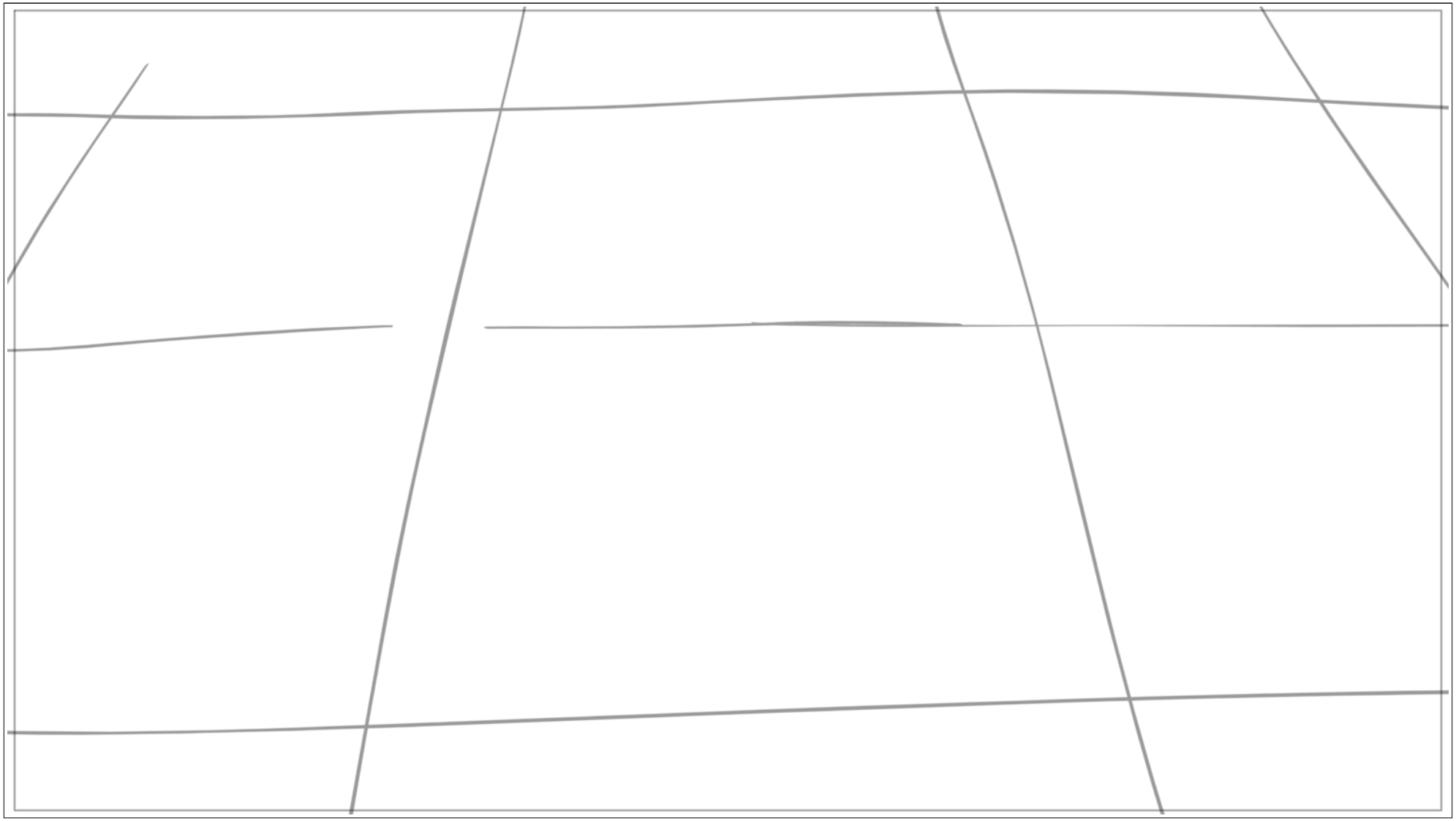
Scene	Duration	Panel	Duration
1	26:00	5	01:00



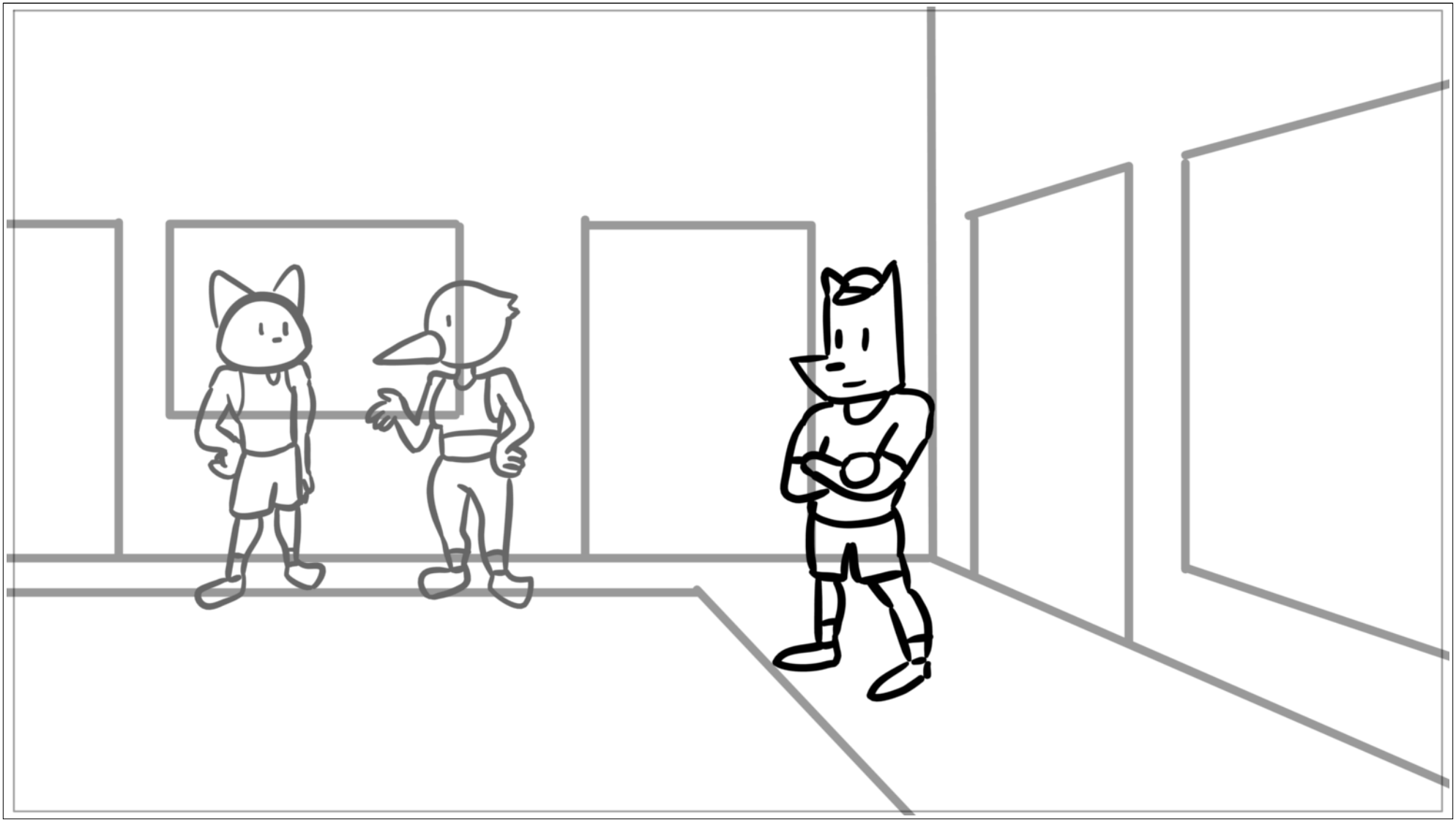
Scene	Duration	Panel	Duration
1	26:00	6	01:00



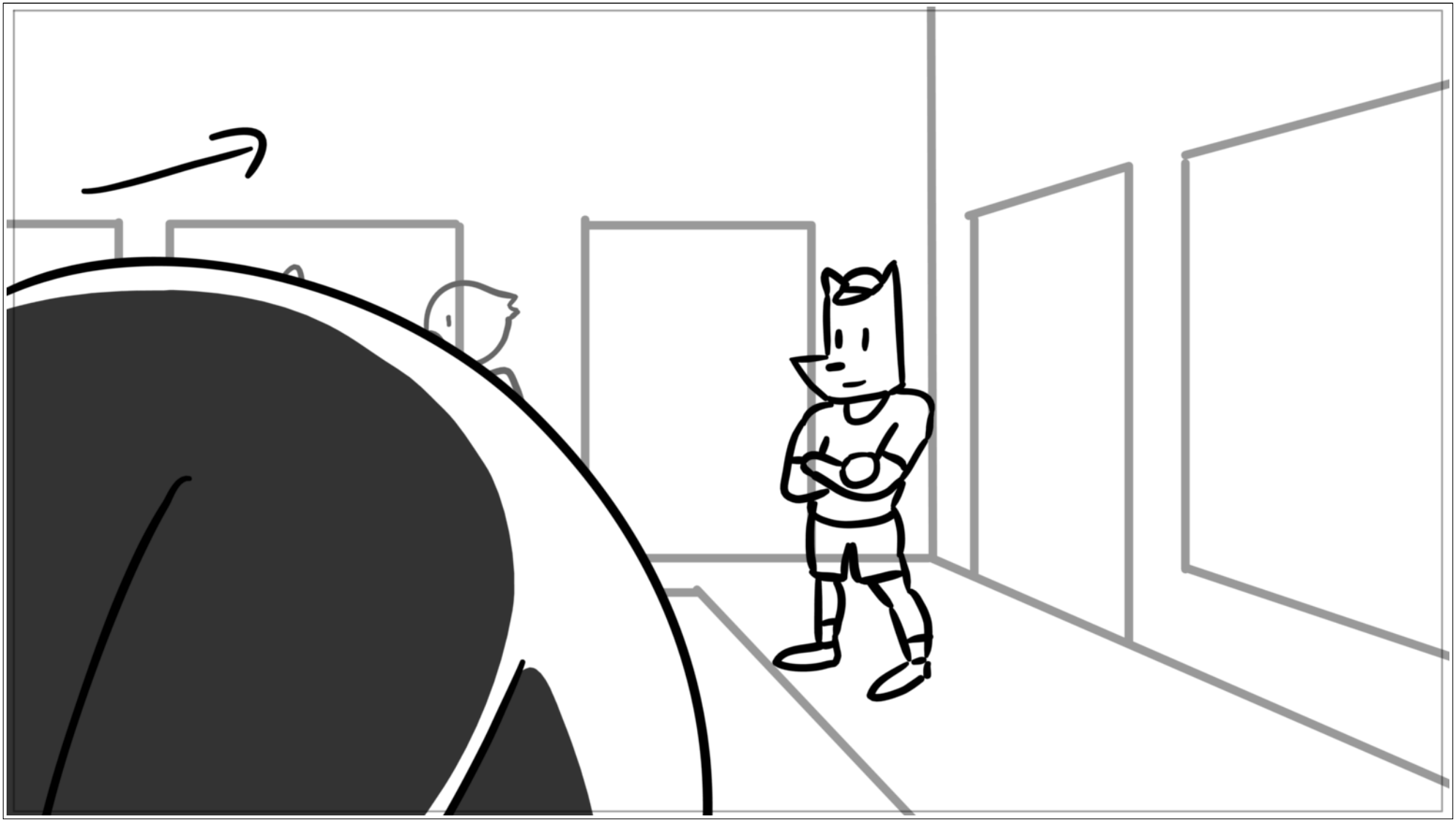
Scene	Duration	Panel	Duration
1	26:00	7	01:00



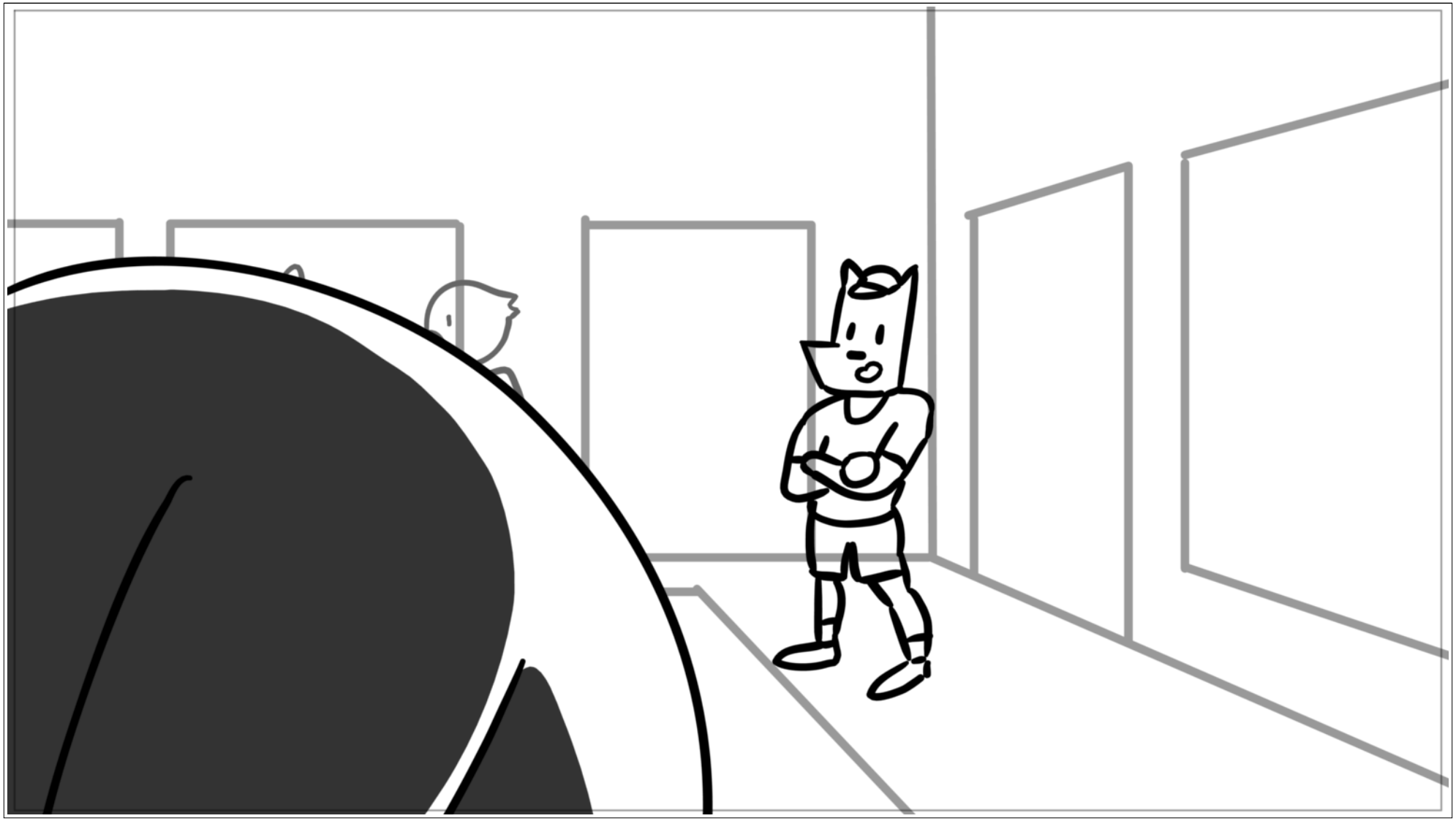
Scene	Duration	Panel	Duration
1	26:00	8	01:00



Scene	Duration	Panel	Duration
1	26:00	9	01:00

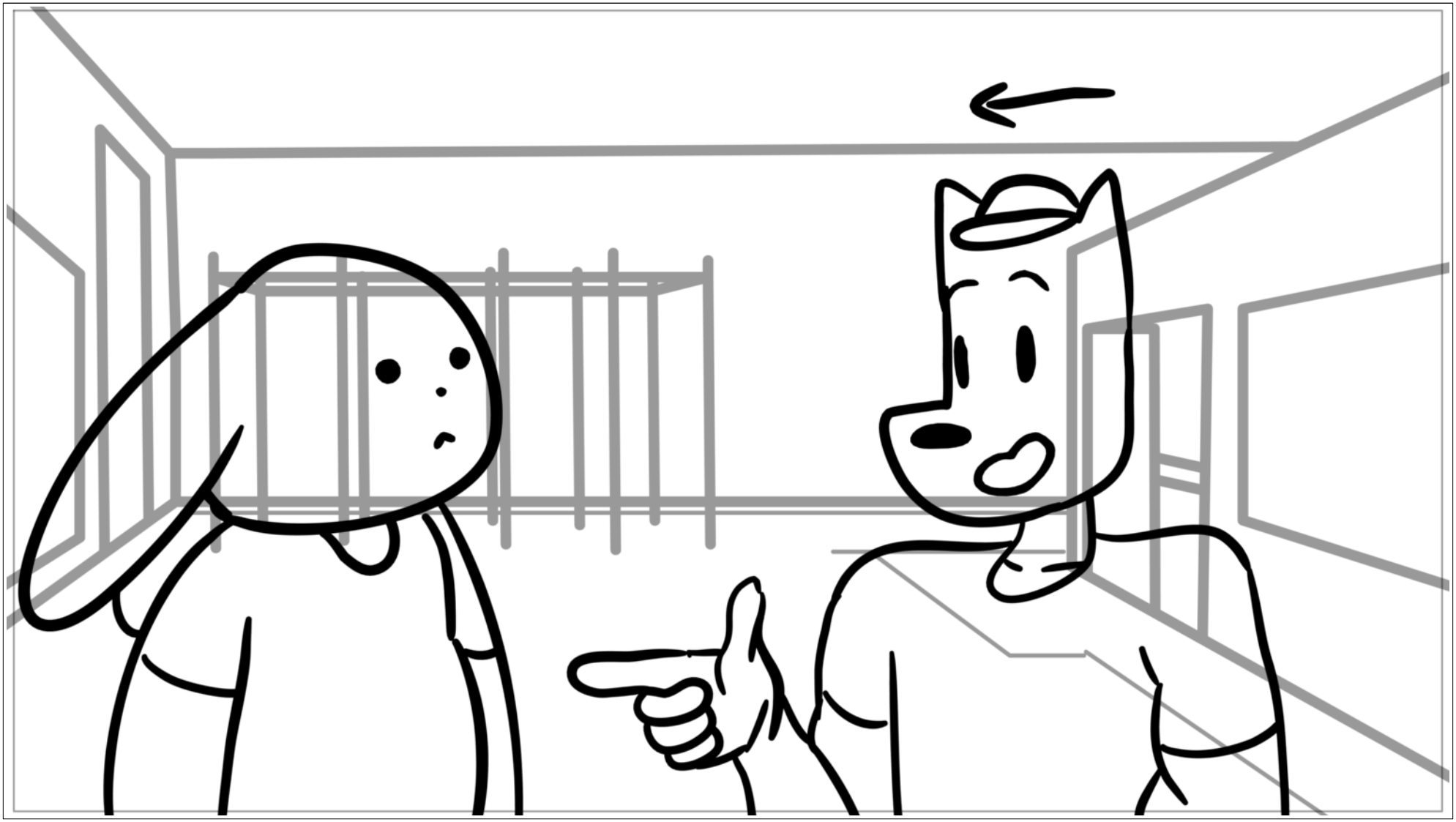


Scene	Duration	Panel	Duration
1	26:00	10	01:00



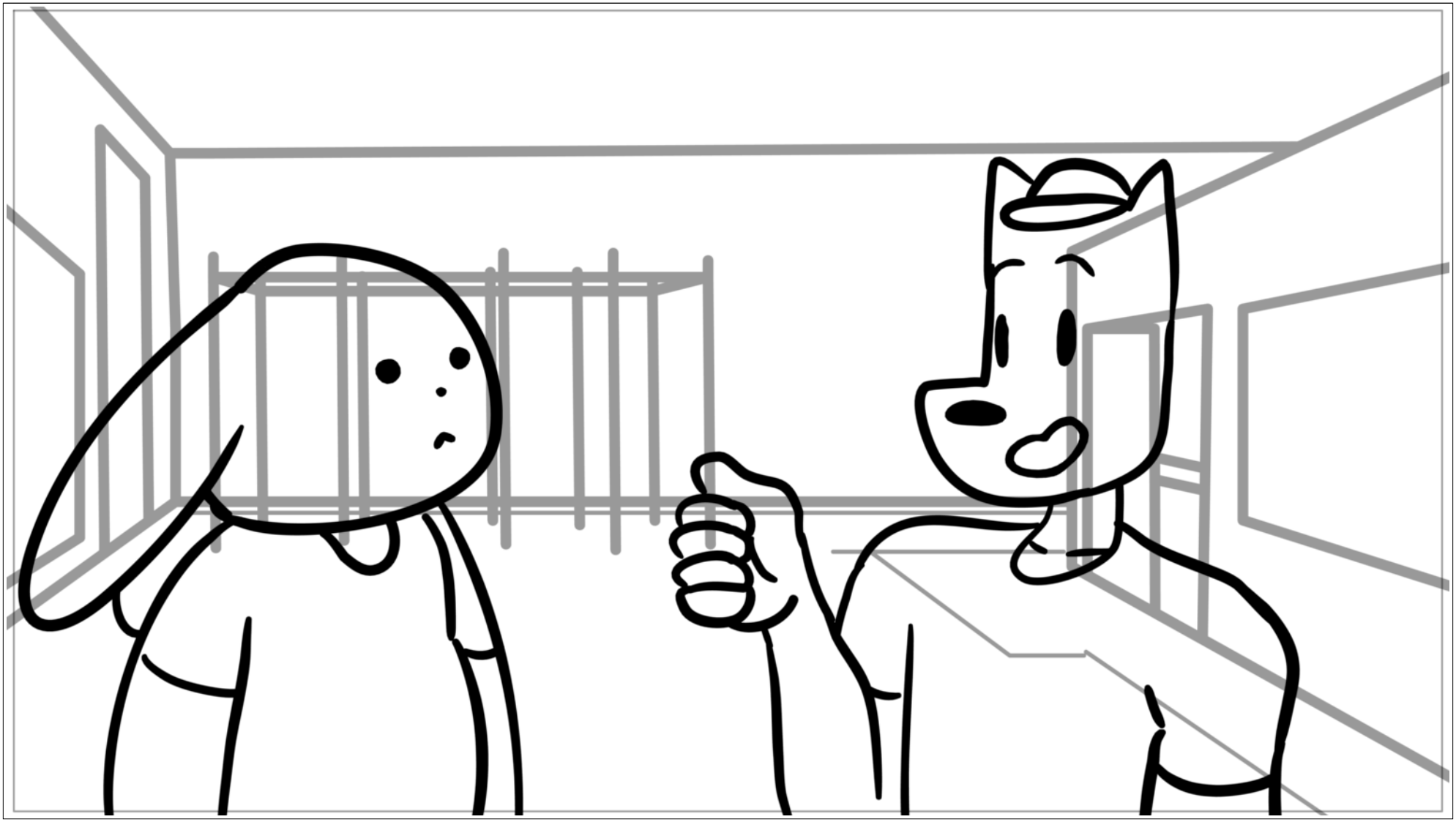
Dialog
Scott: Oh hey there!

Scene	Duration	Panel	Duration
1	26:00	11	01:00



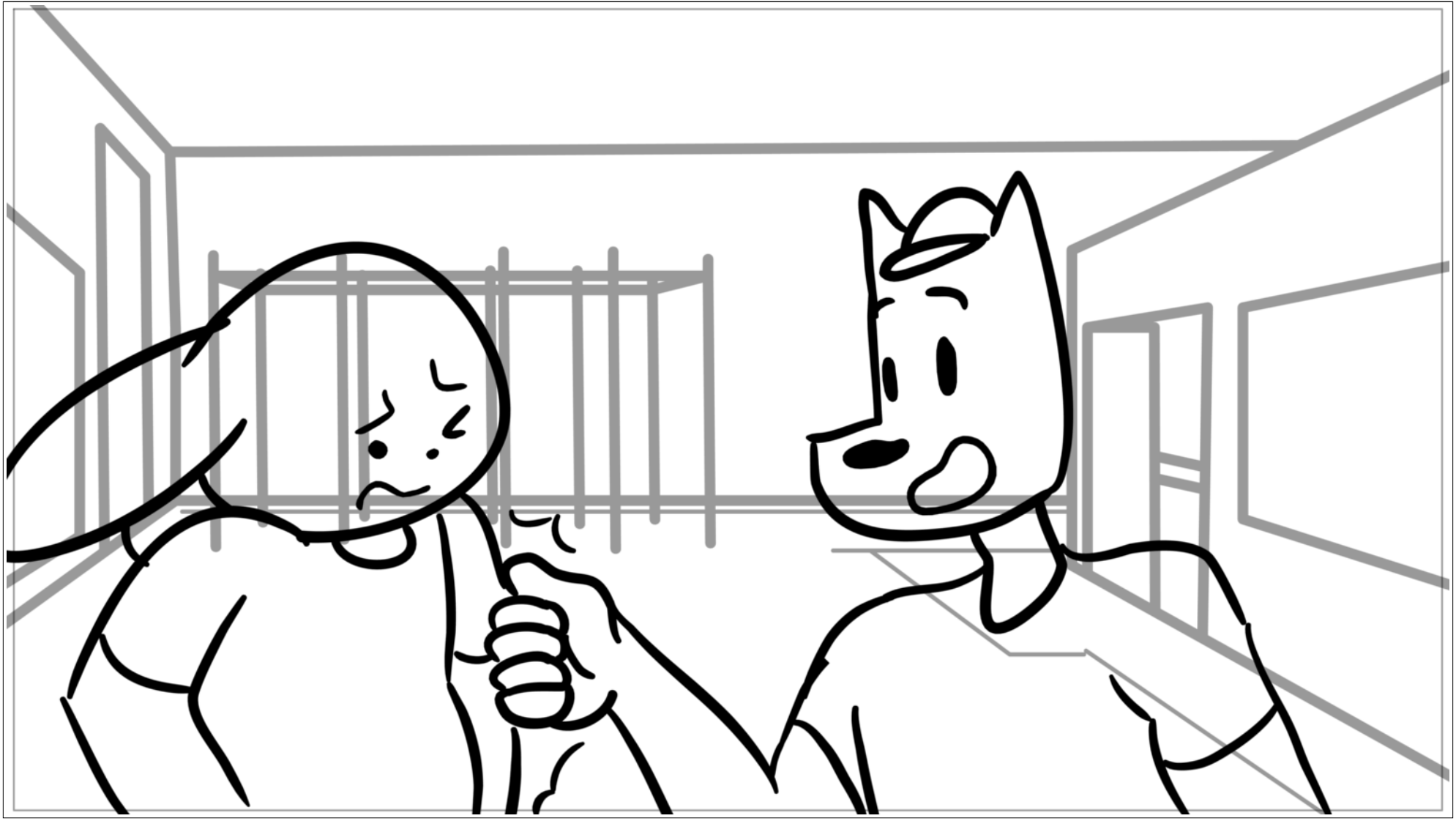
Dialog
Scott: You must be Gabriel.

Scene	Duration	Panel	Duration
1	26:00	12	01:00



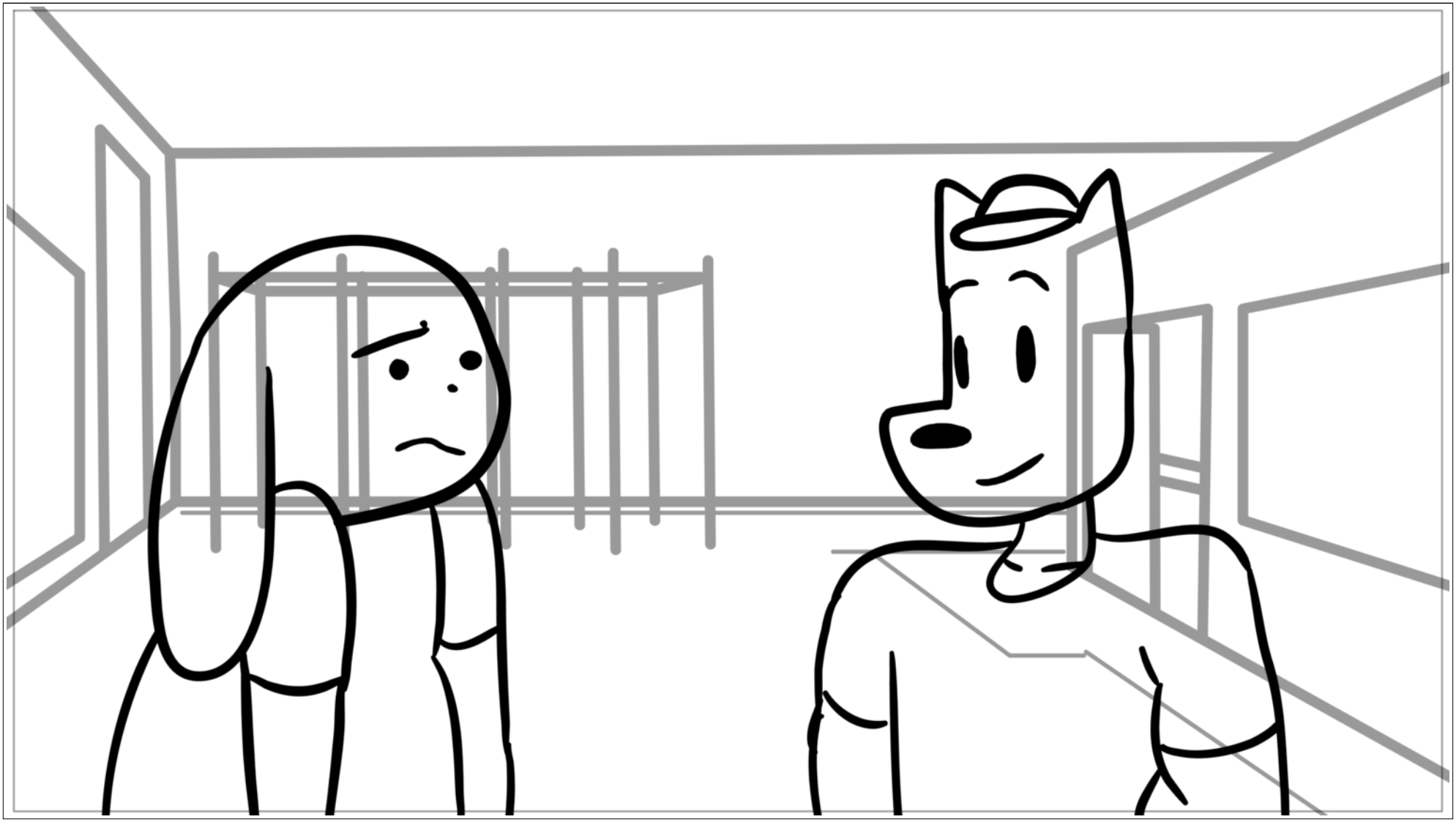
Dialog
Scott: Welcome to Voodoo Crossfit!

Scene	Duration	Panel	Duration
1	26:00	13	01:00

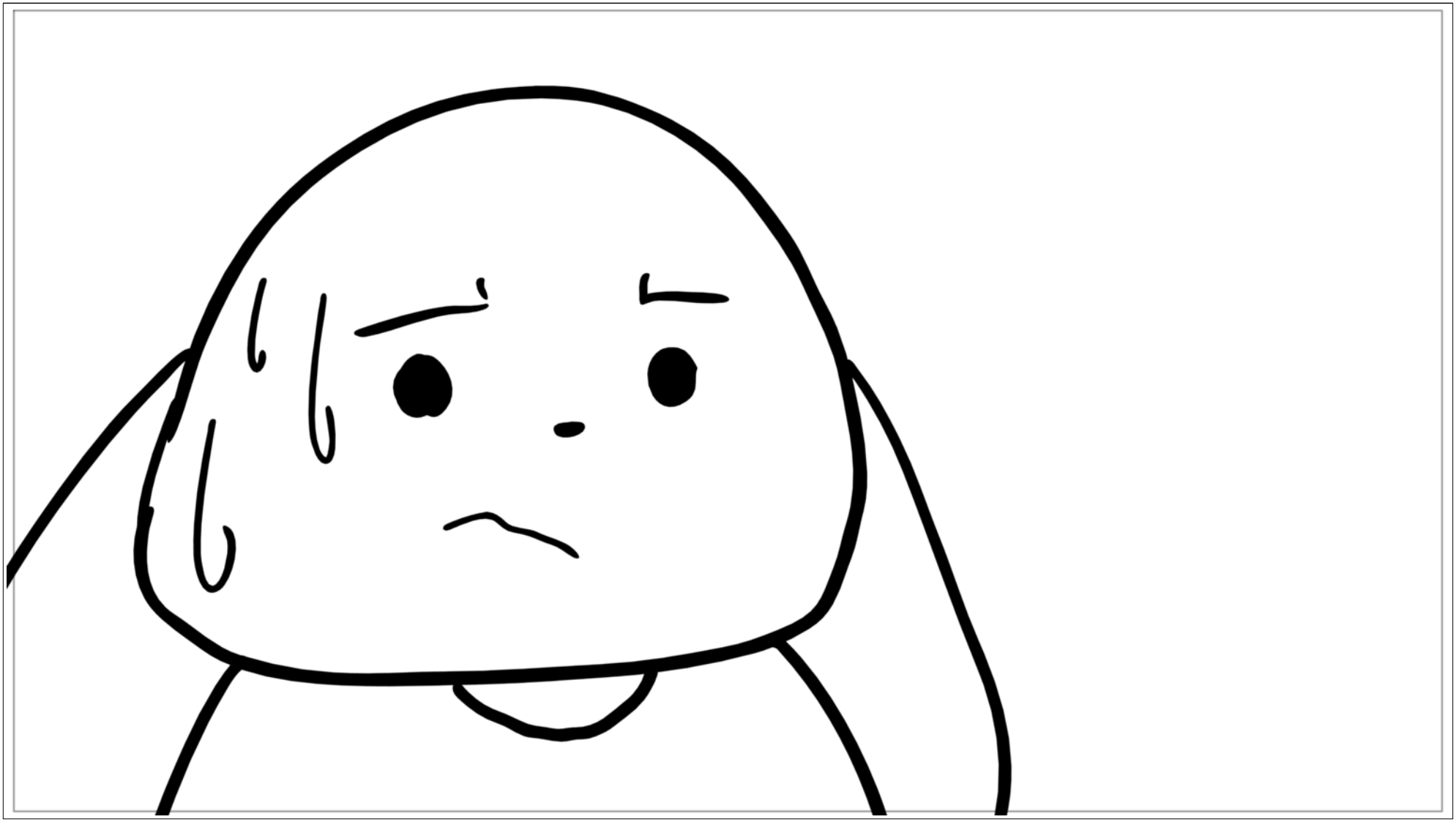


Dialog
Scott: Welcome to Voodoo Crossfit!

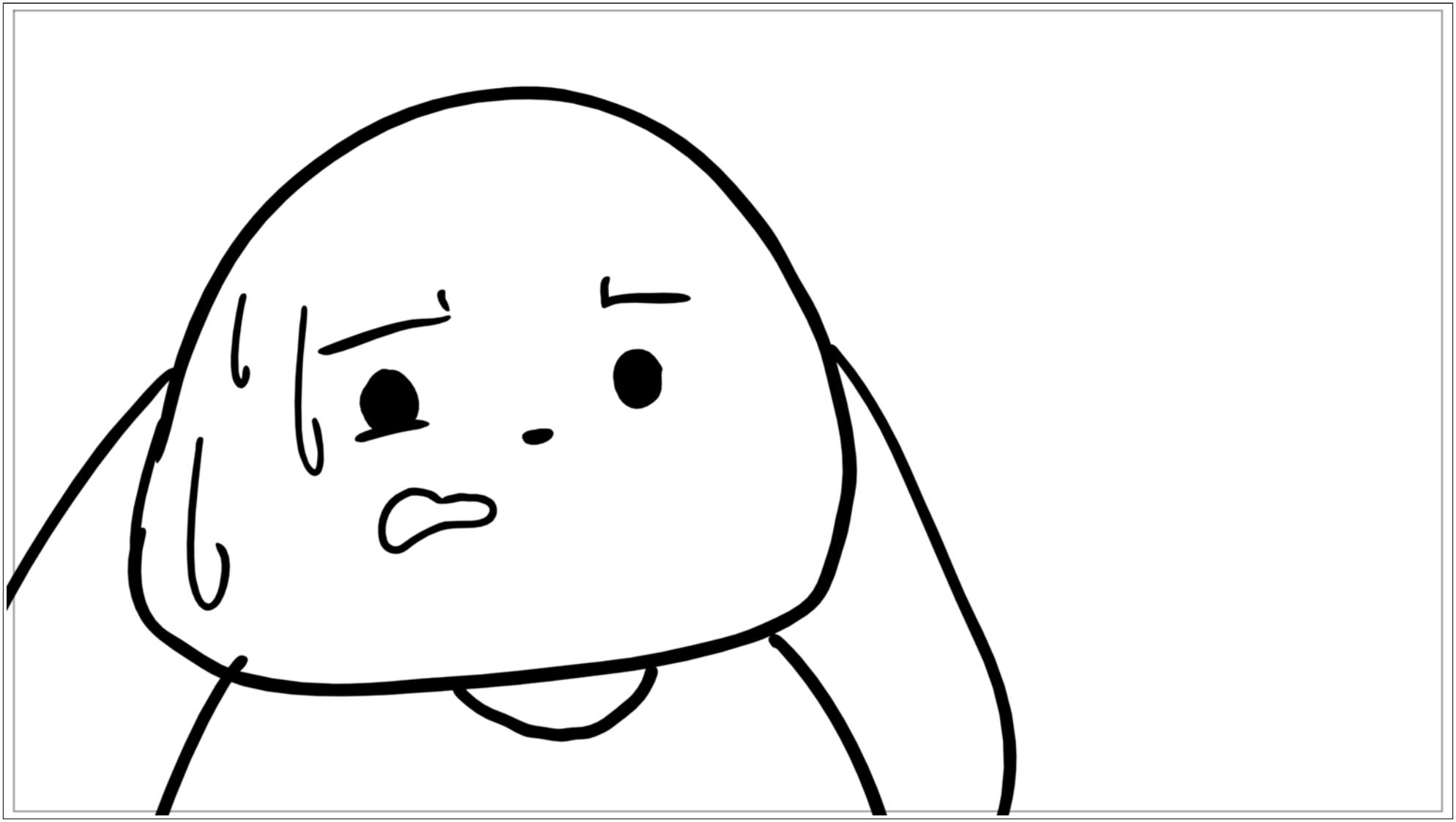
Scene	Duration	Panel	Duration
1	26:00	14	01:00



Scene	Duration	Panel	Duration
1	26:00	15	01:00

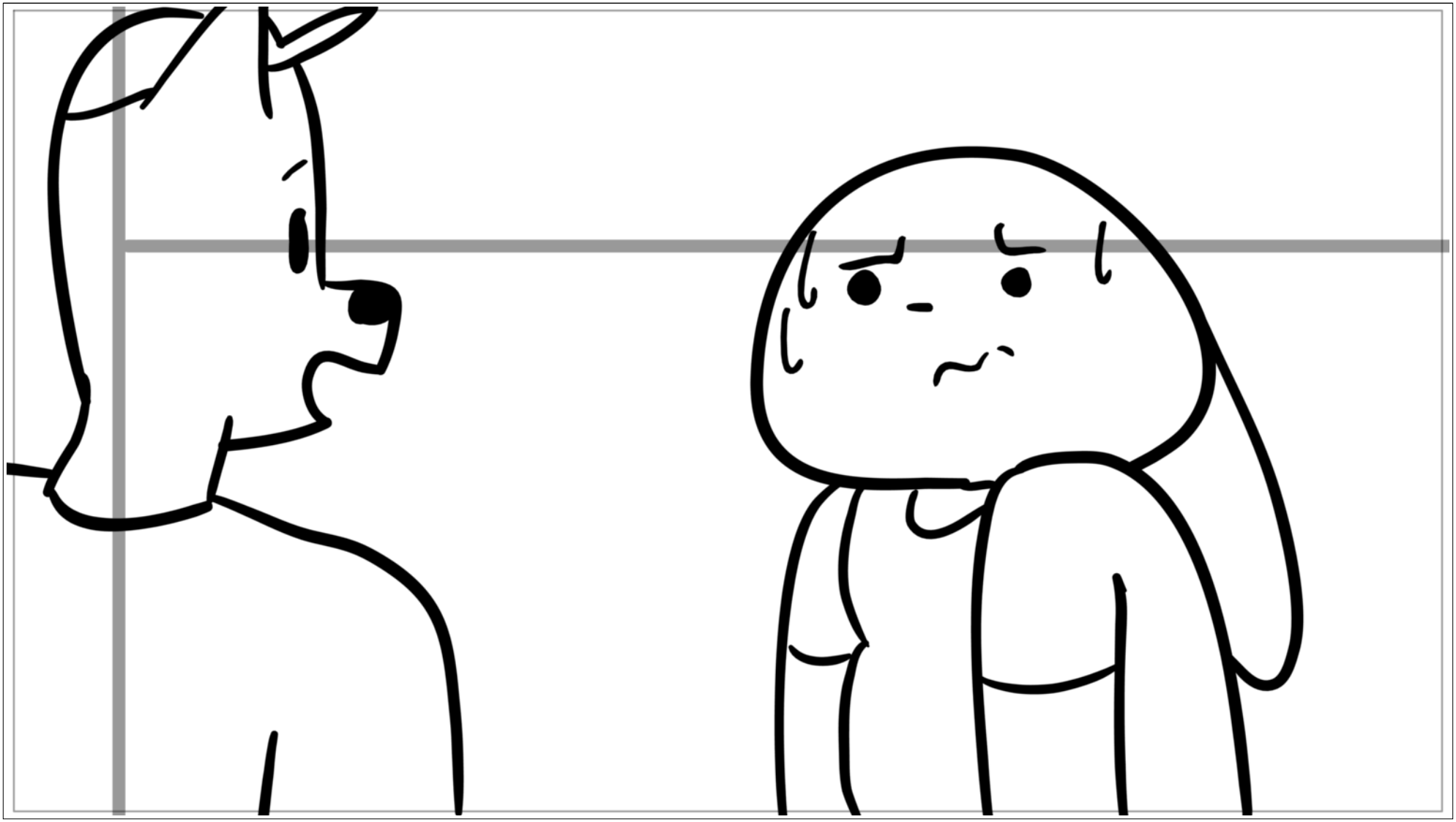


Scene	Duration	Panel	Duration
1	26:00	16	01:00



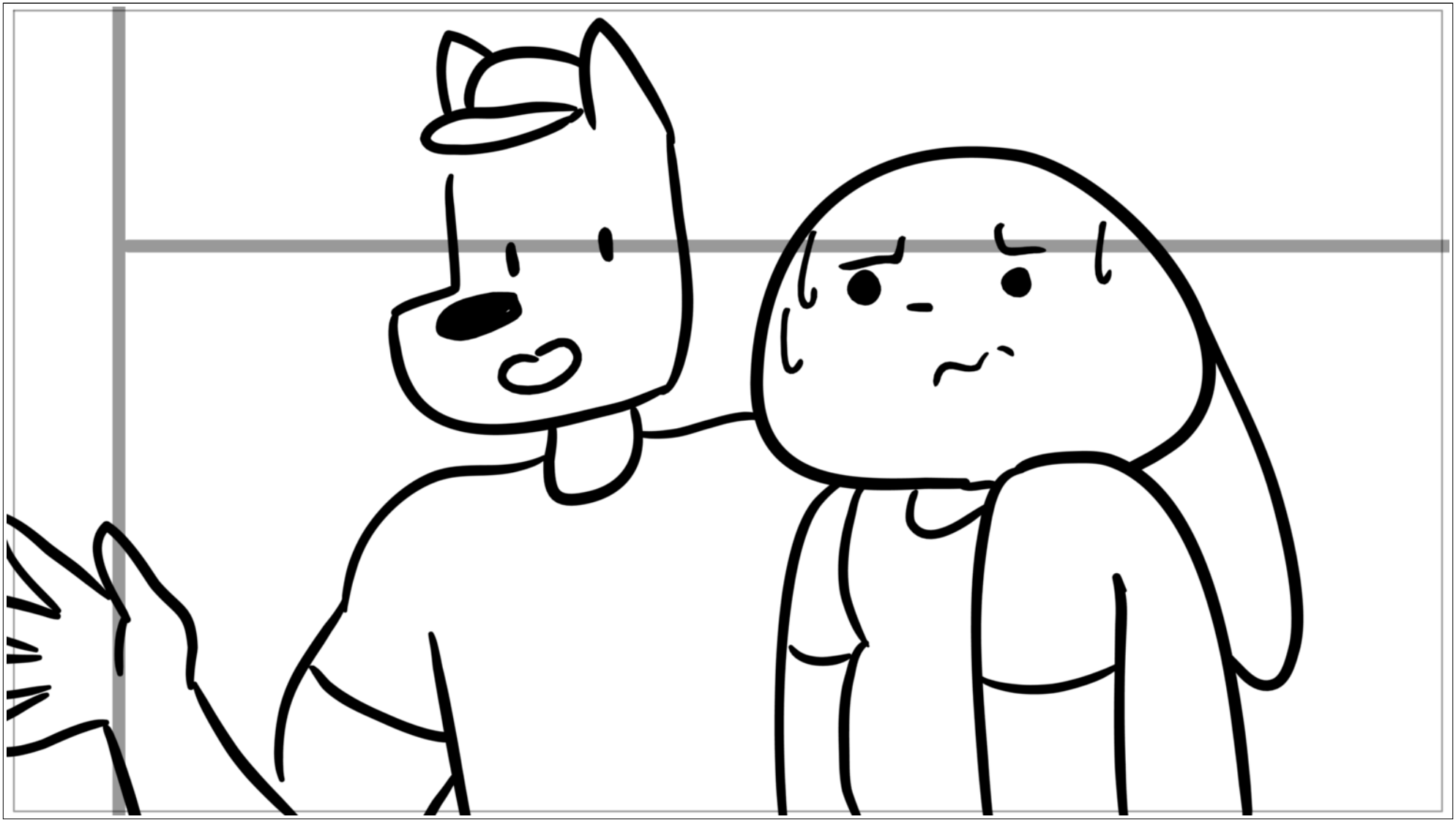
Dialog
Gabriel: Uh, hi.

Scene	Duration	Panel	Duration
1	26:00	17	01:00



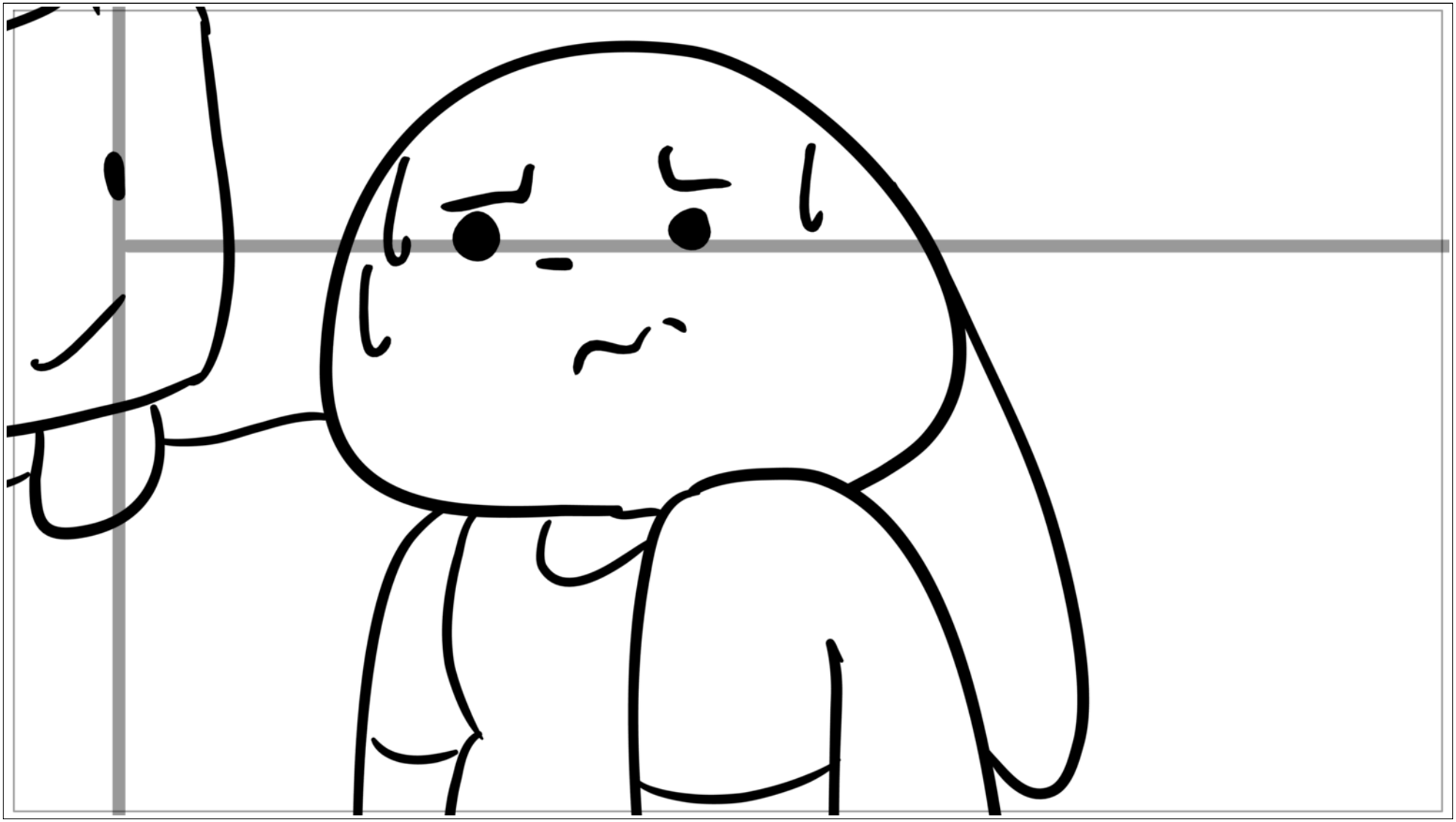
Dialog
Scott: You got here just in time! We're about to start.

Scene	Duration	Panel	Duration
1	26:00	18	01:00

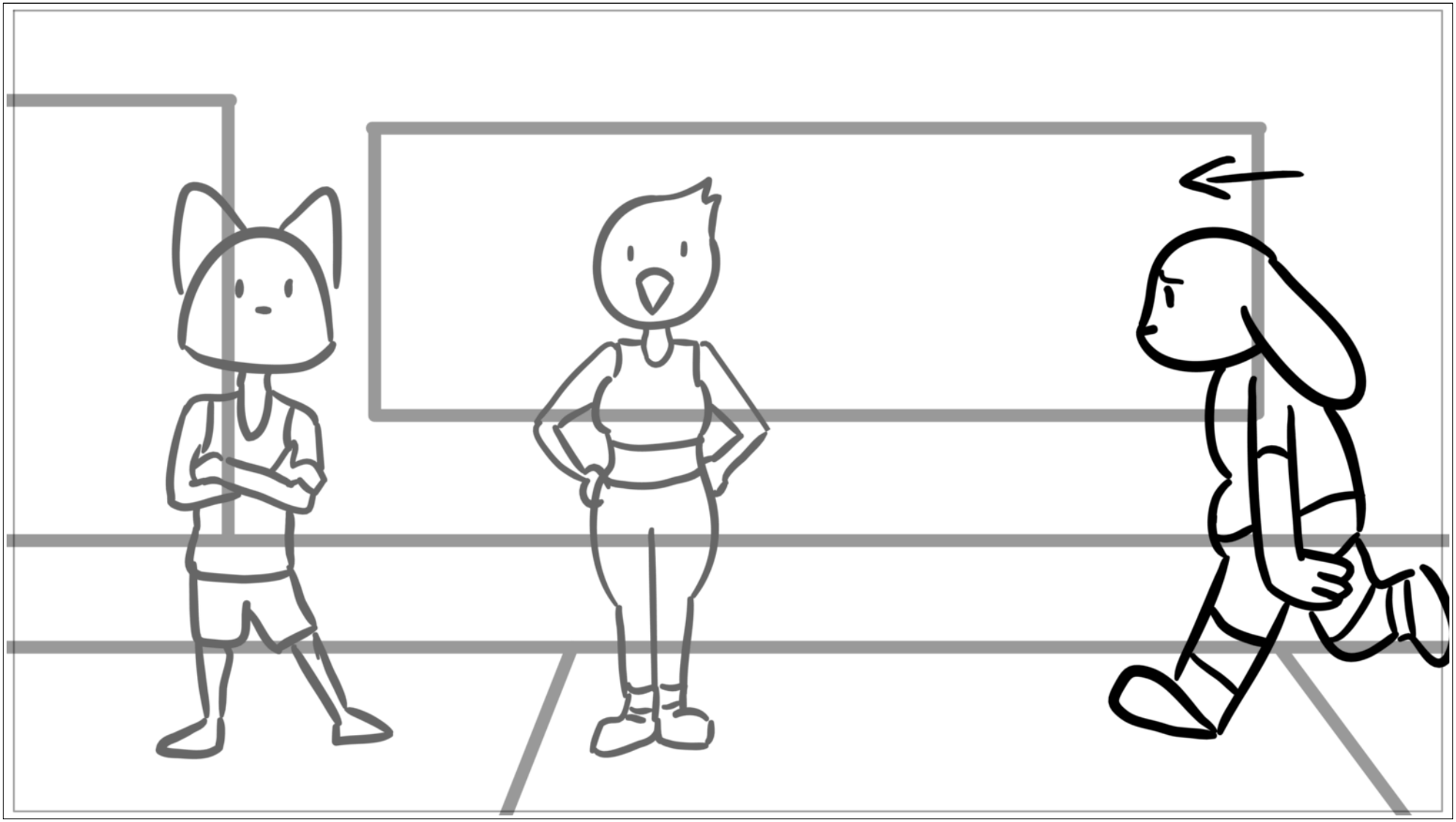


Dialog
Scott: Let's have you line up with the others

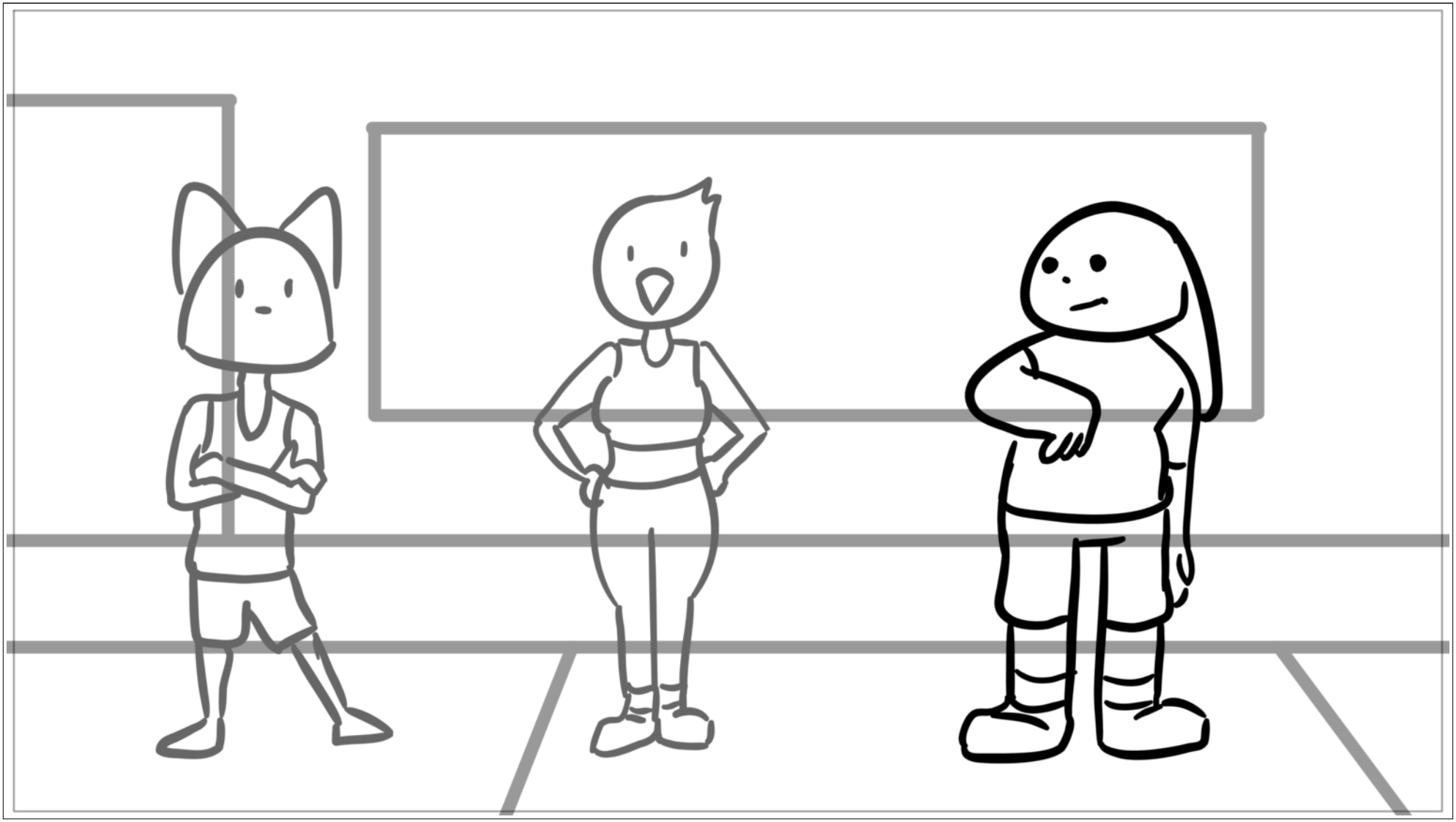
Scene	Duration	Panel	Duration
1	26:00	19	01:00



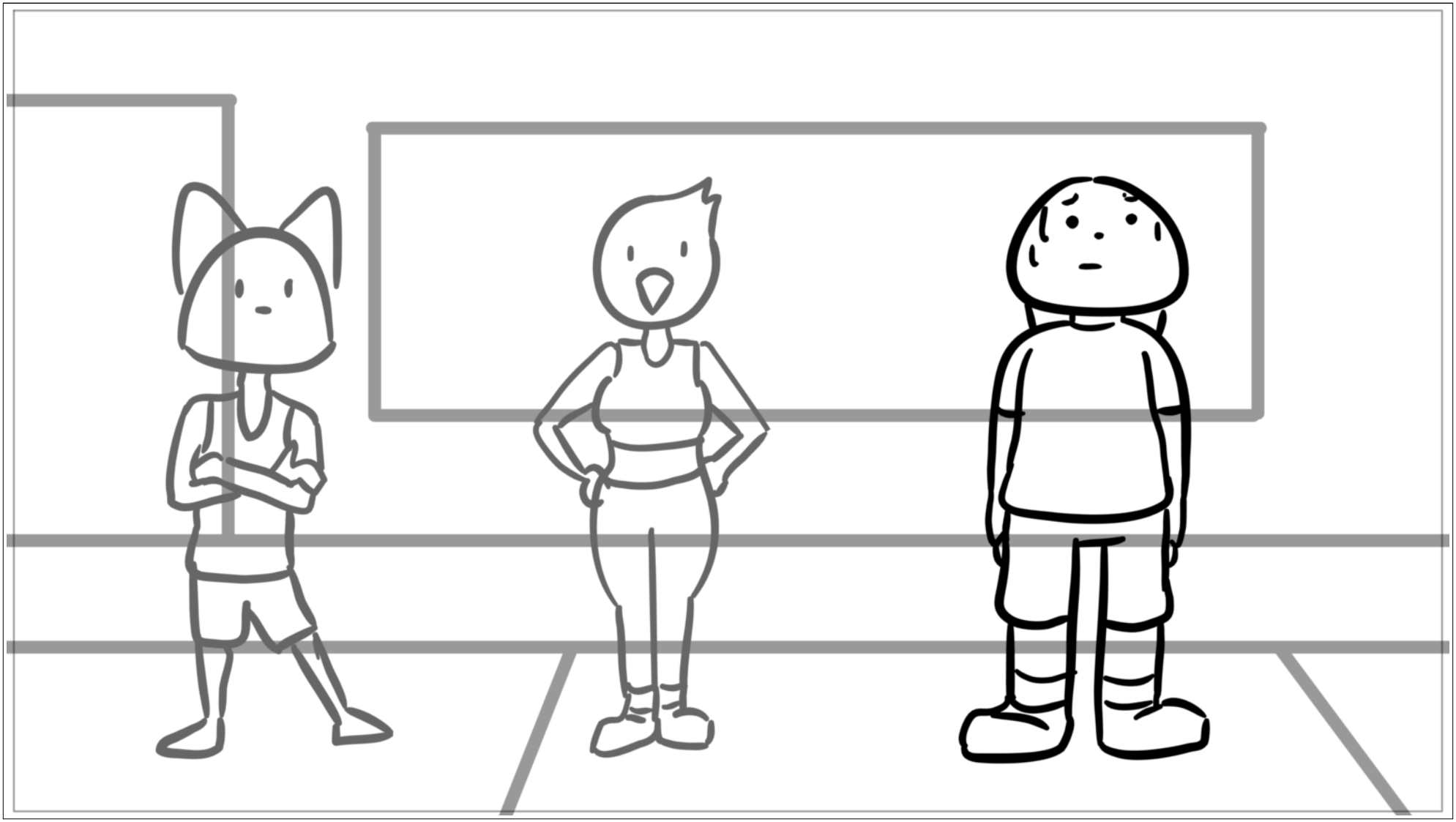
Scene	Duration	Panel	Duration
1	26:00	20	01:00



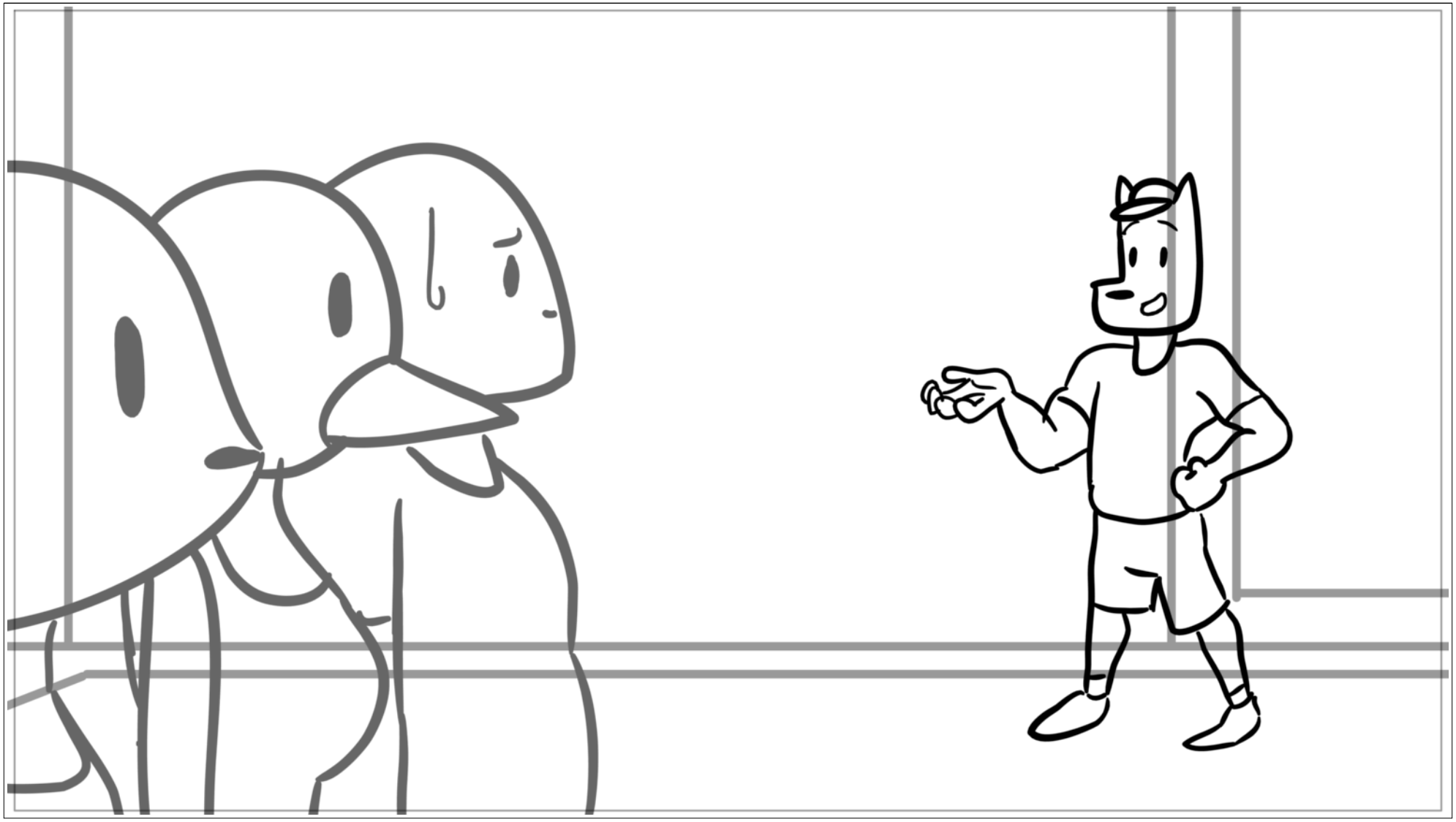
Scene	Duration	Panel	Duration
1	26:00	21	01:00



Scene	Duration	Panel	Duration
1	26:00	22	01:00

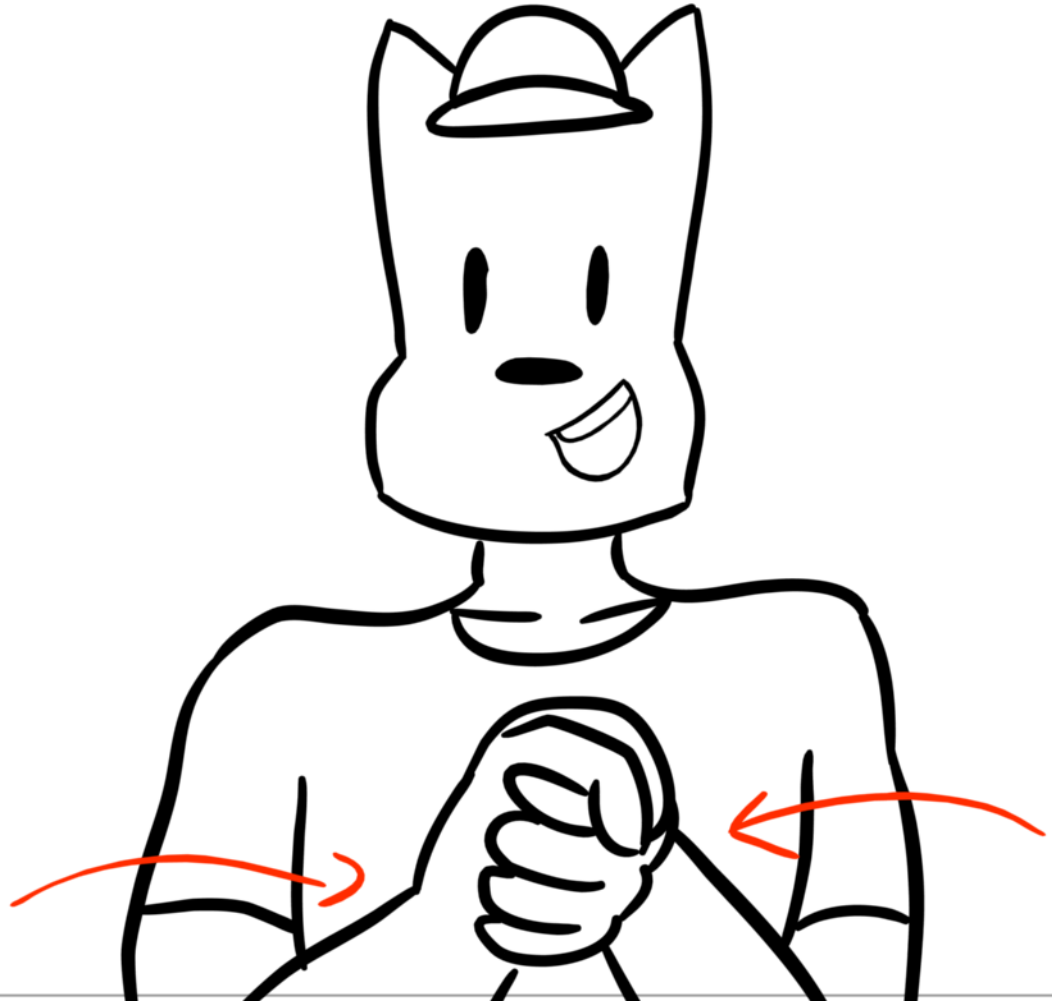


Scene	Duration	Panel	Duration
1	26:00	23	01:00



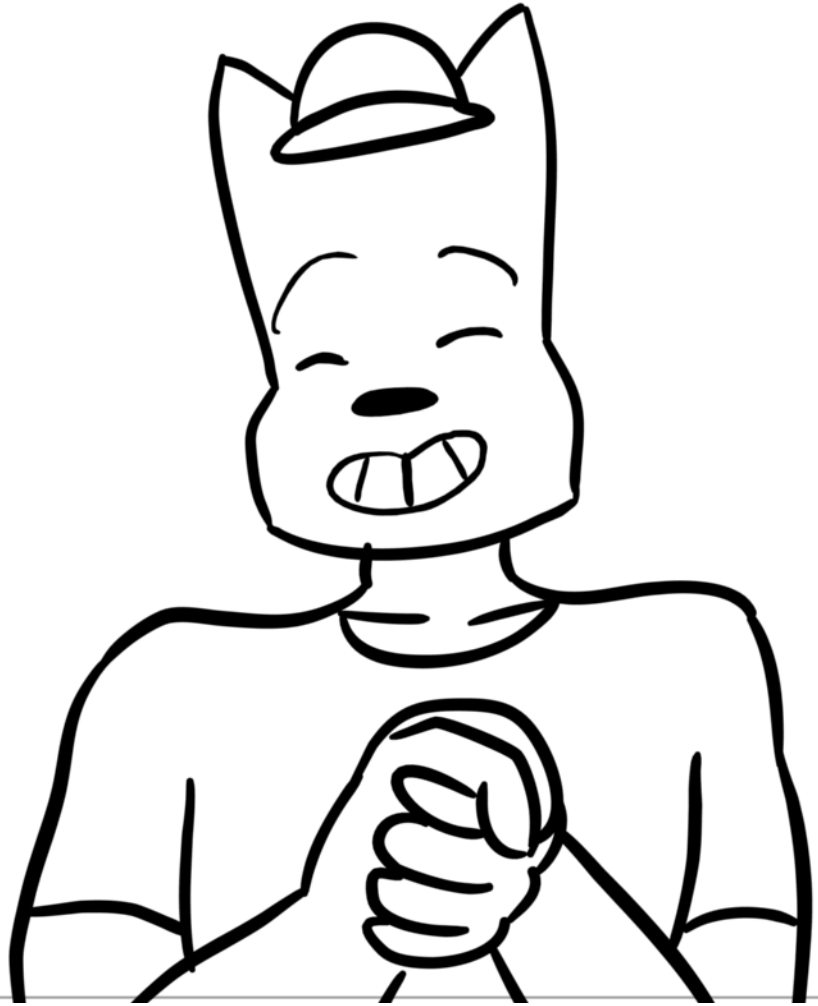
Dialog
Scott: Alright! First up!

Scene	Duration	Panel	Duration
1	26:00	24	01:00



Dialog
Scott: Get on the ground

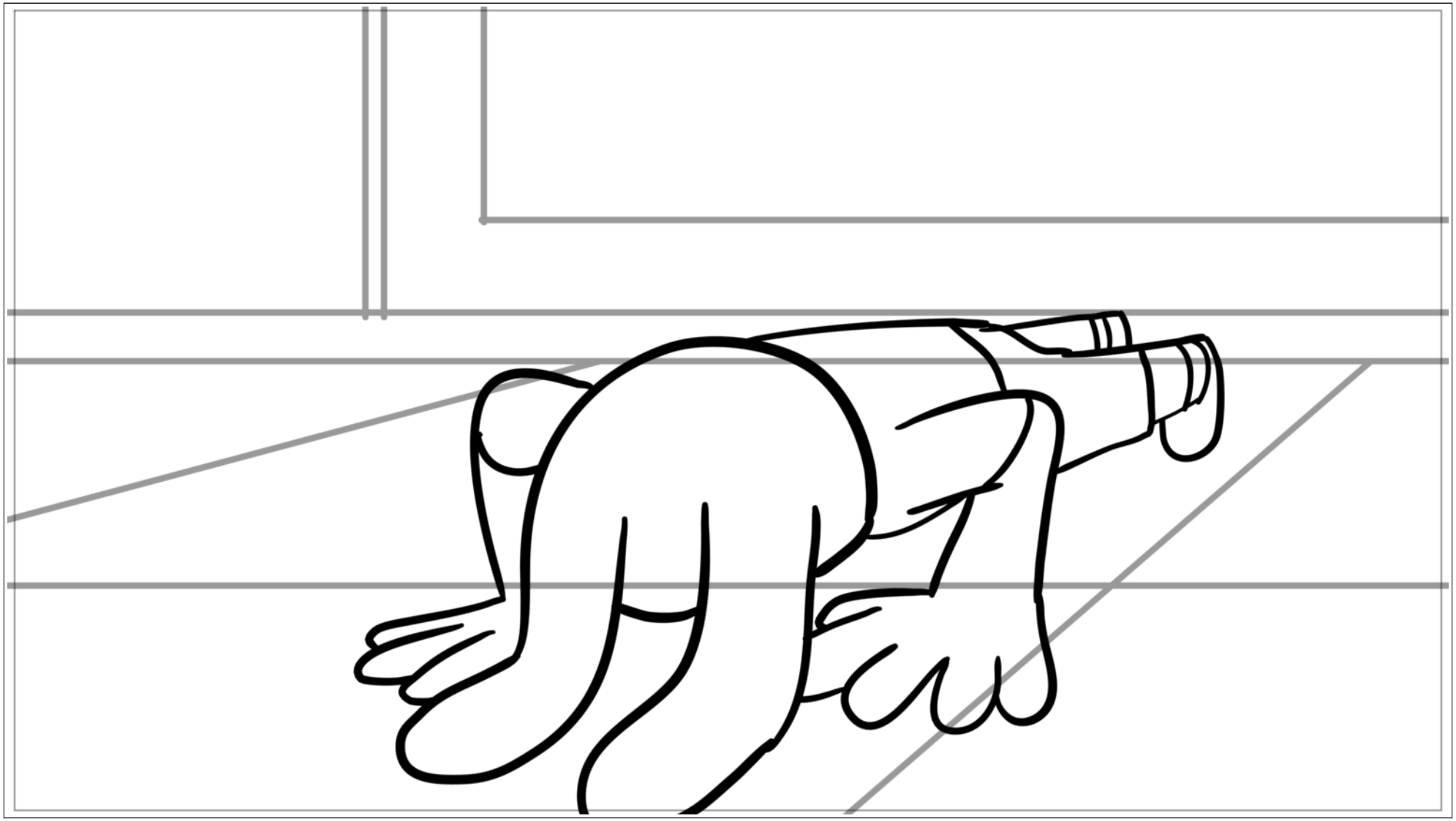
Scene	Duration	Panel	Duration
1	26:00	25	01:00



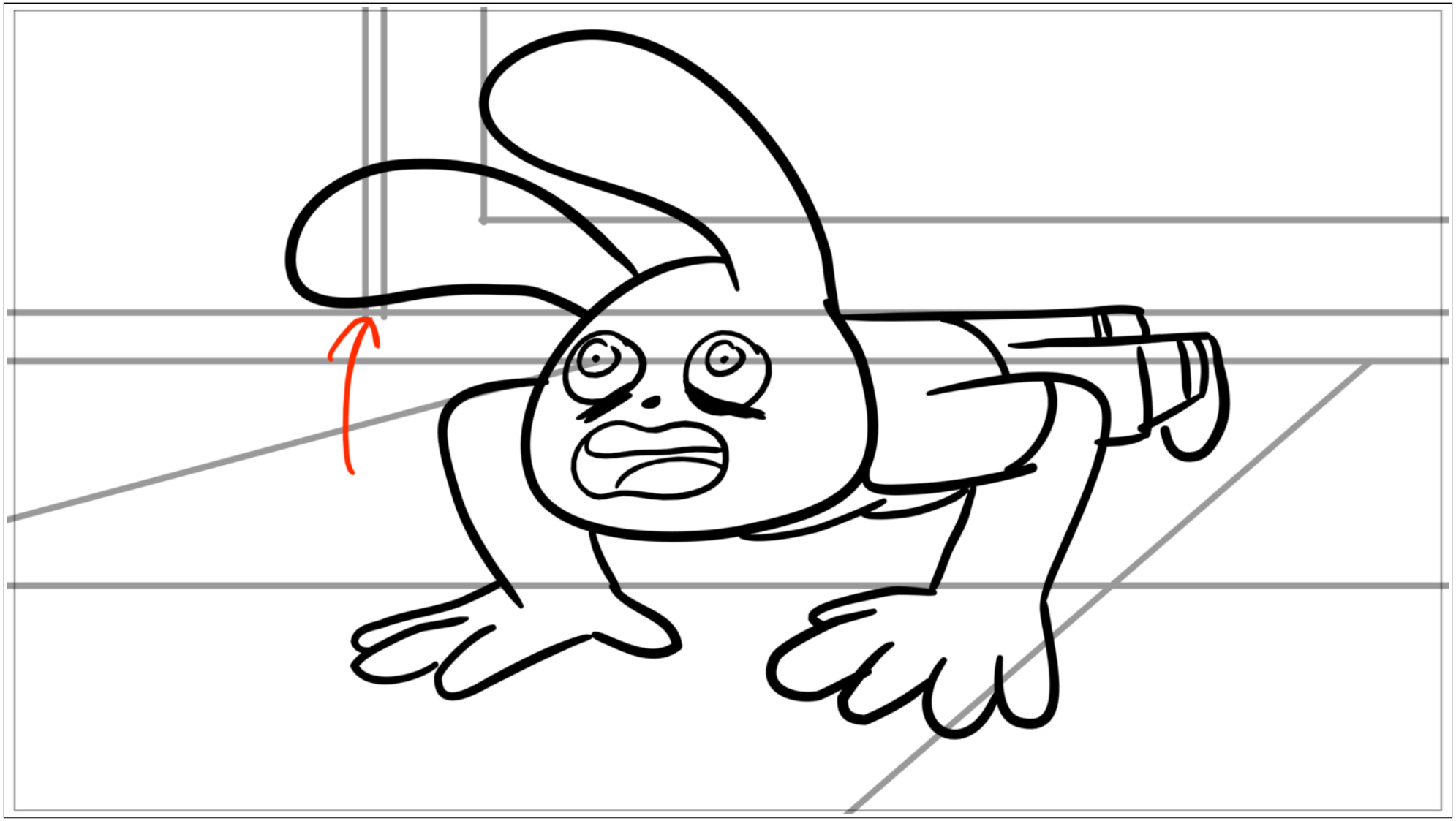
Dialog
Scott: And give me some pushups!

Scene	Duration	Panel	Duration
1	26:00	26	01:00

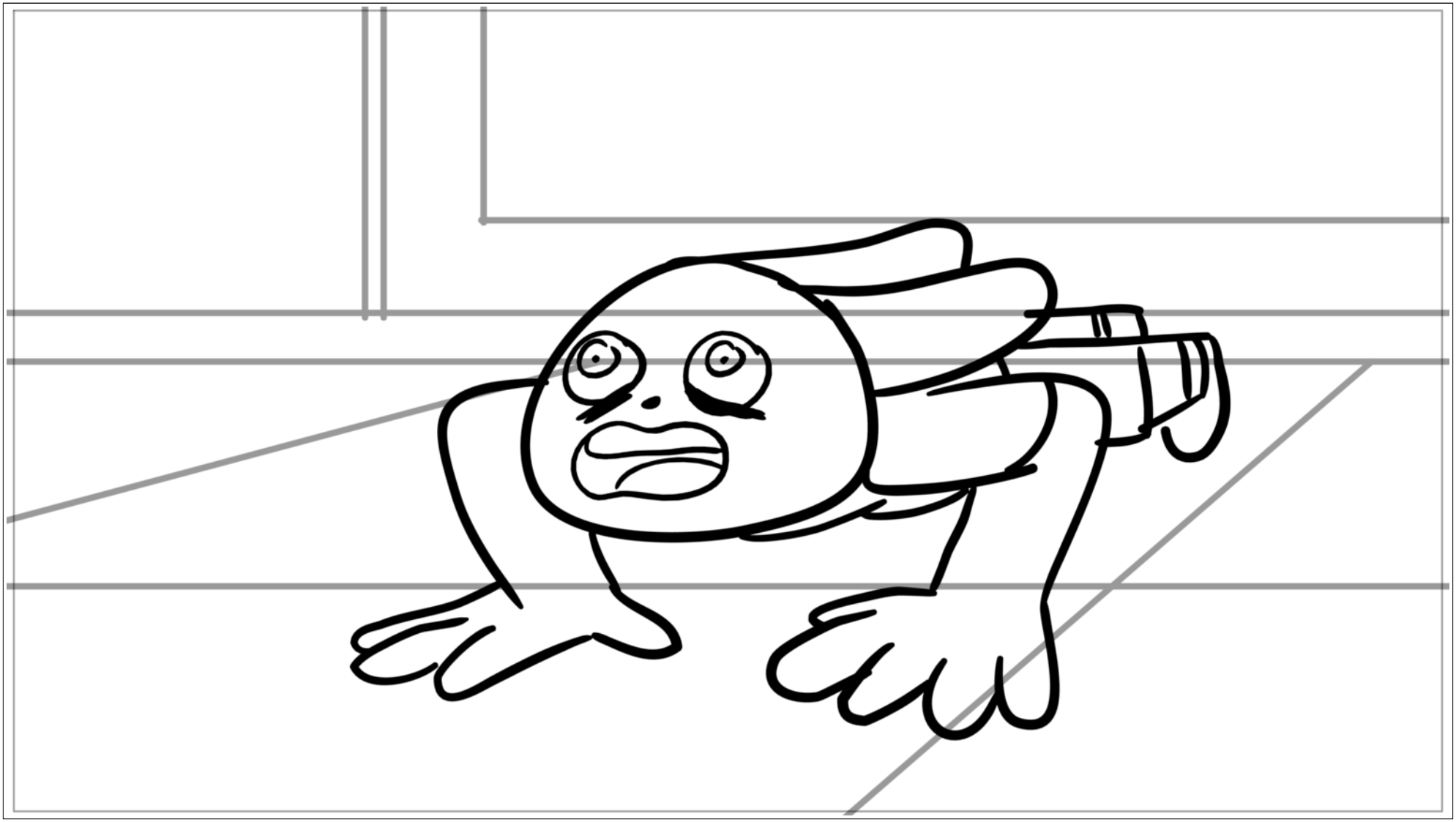
Scene	Duration	Panel	Duration
2	32:00	1	01:00



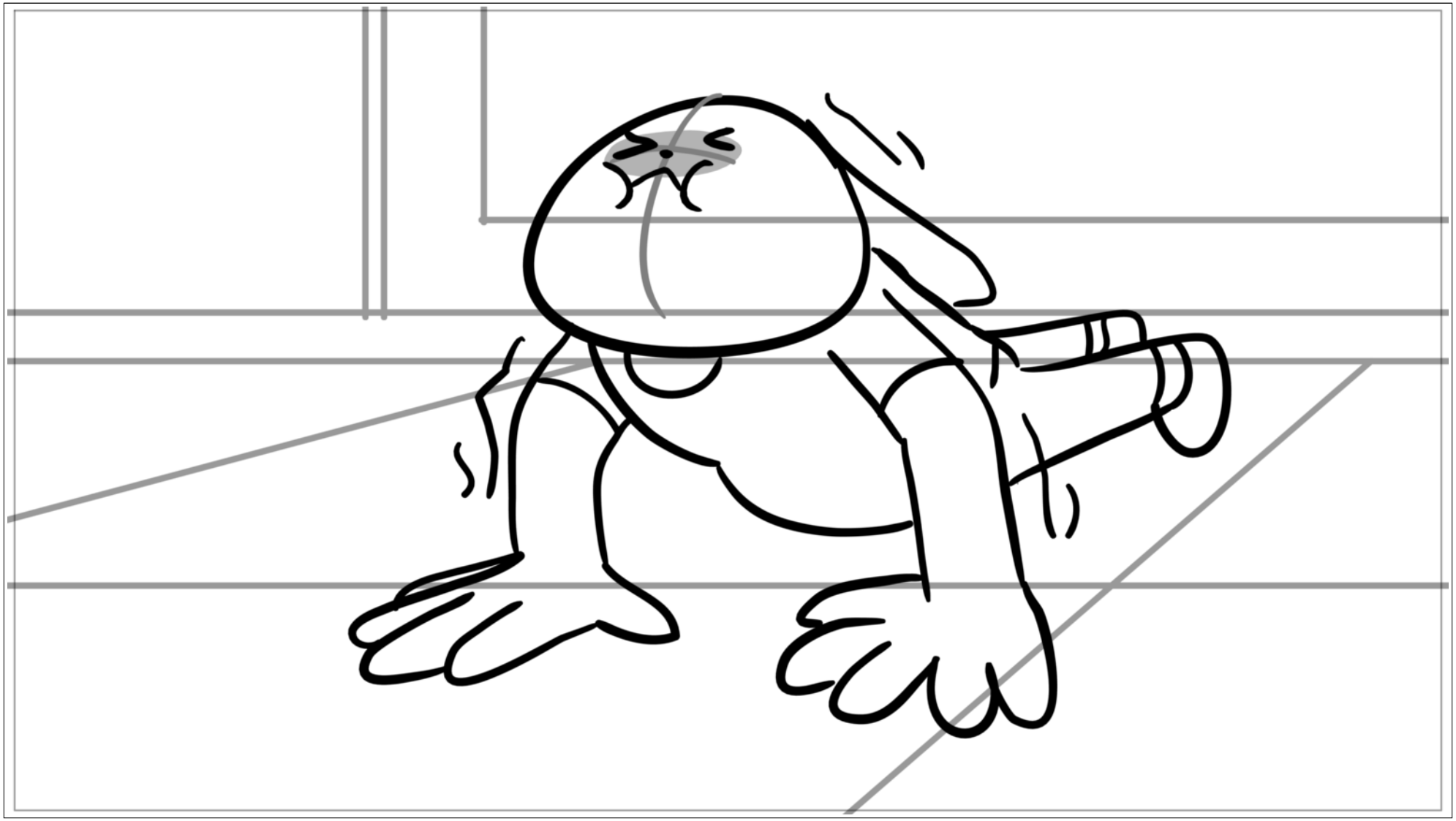
Scene	Duration	Panel	Duration
2	32:00	2	01:00



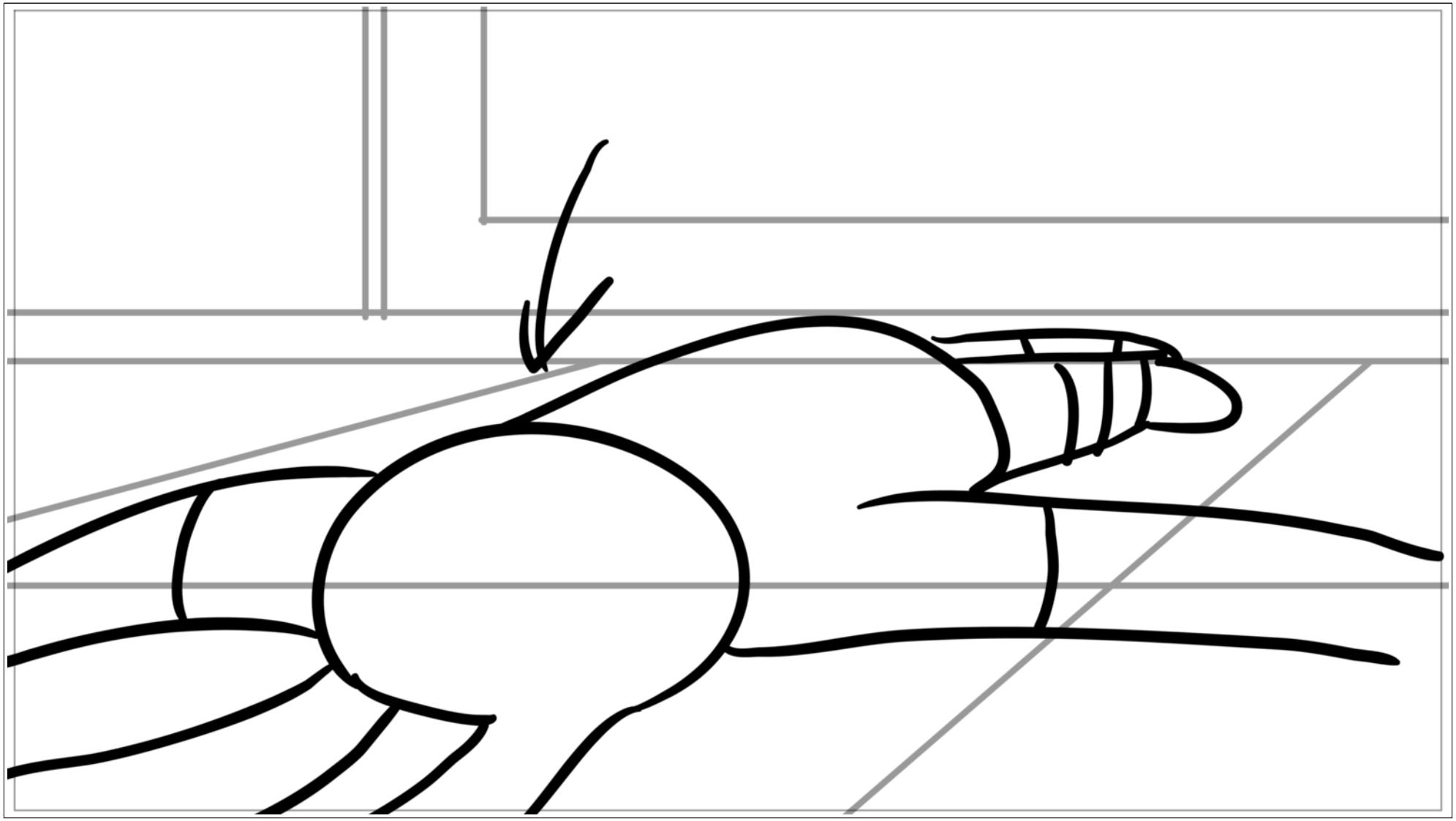
Scene	Duration	Panel	Duration
2	32:00	3	01:00



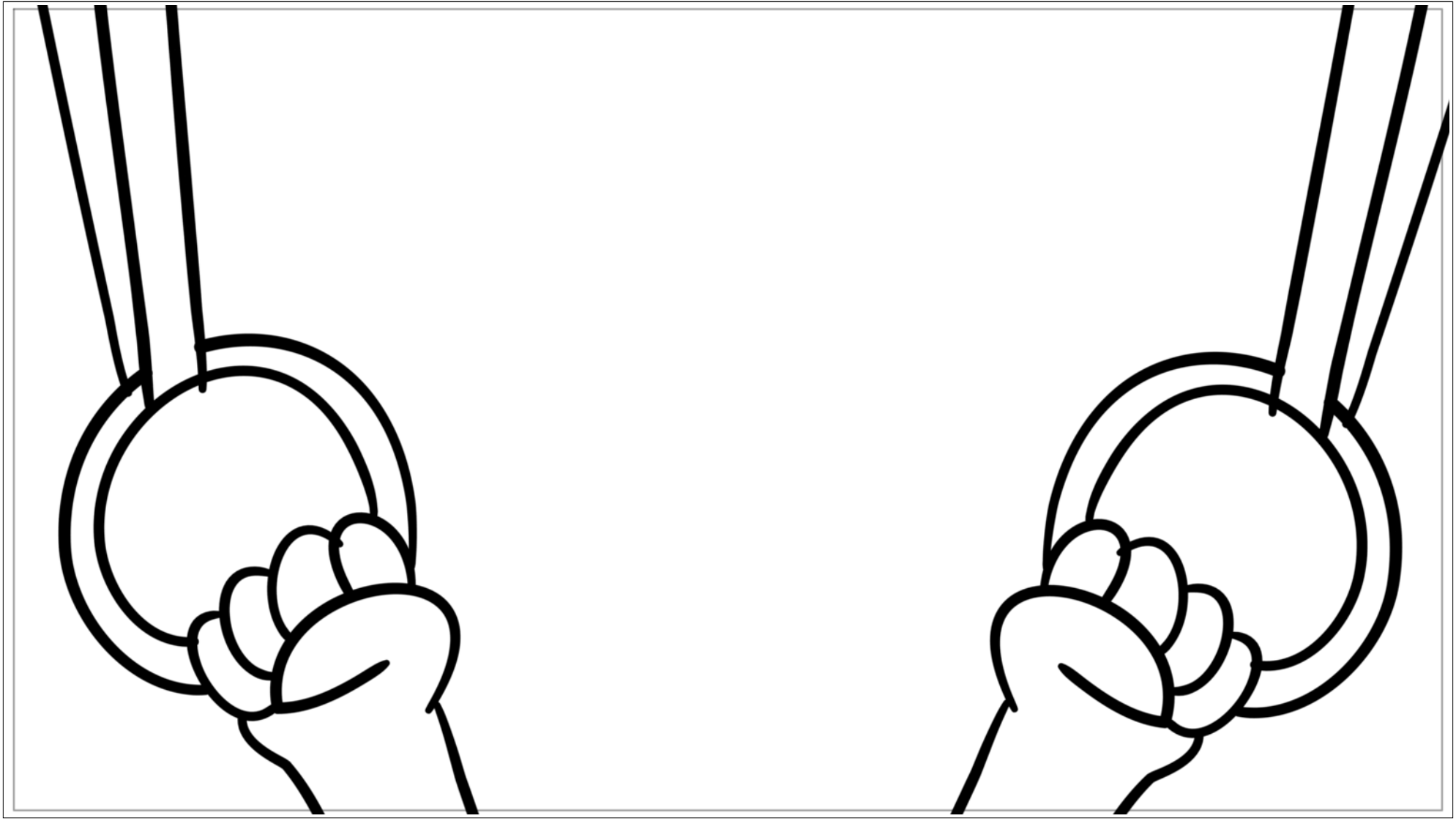
Scene	Duration	Panel	Duration
2	32:00	4	01:00



Scene	Duration	Panel	Duration
2	32:00	5	01:00

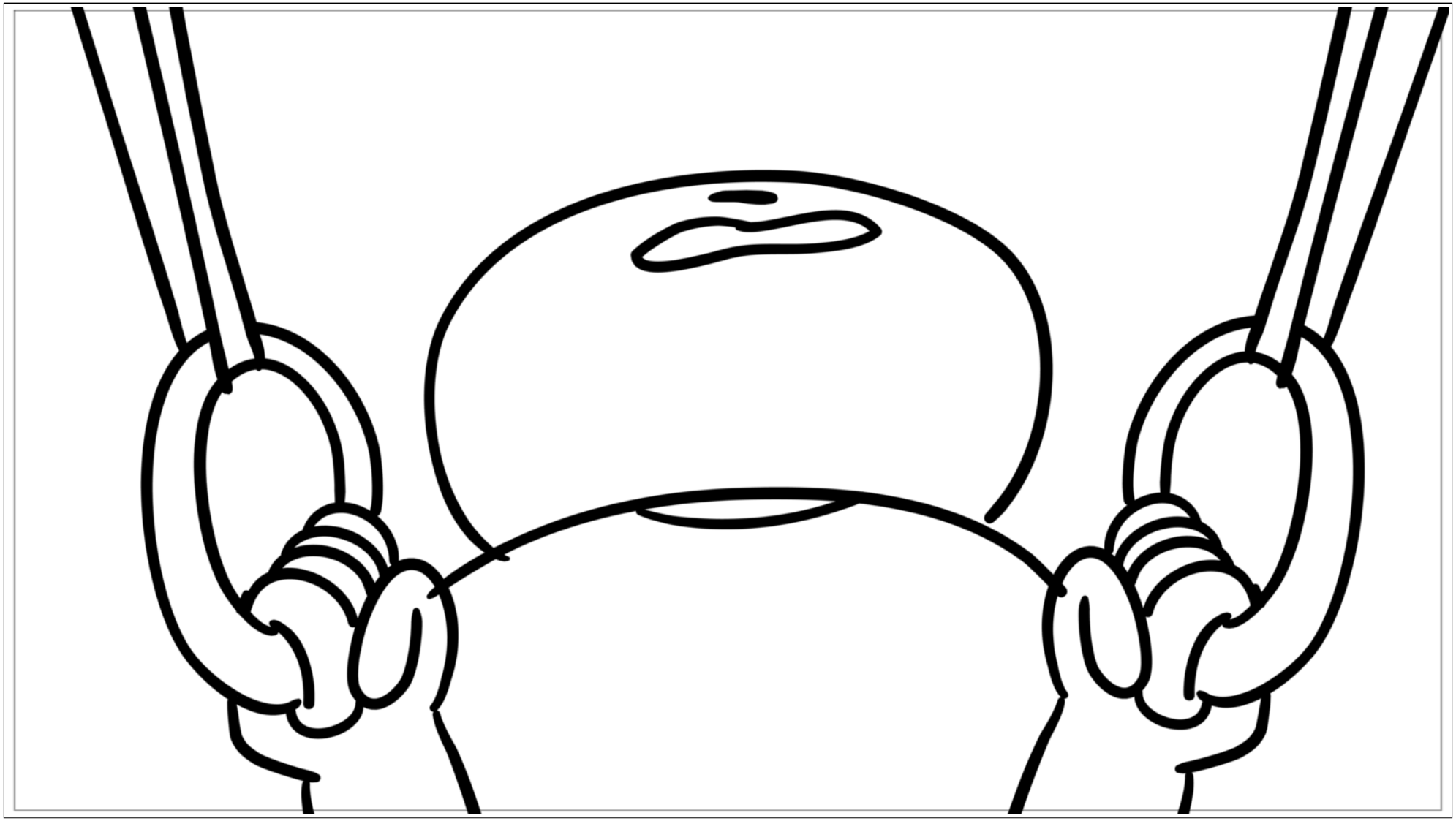


Scene	Duration	Panel	Duration
2	32:00	6	01:00

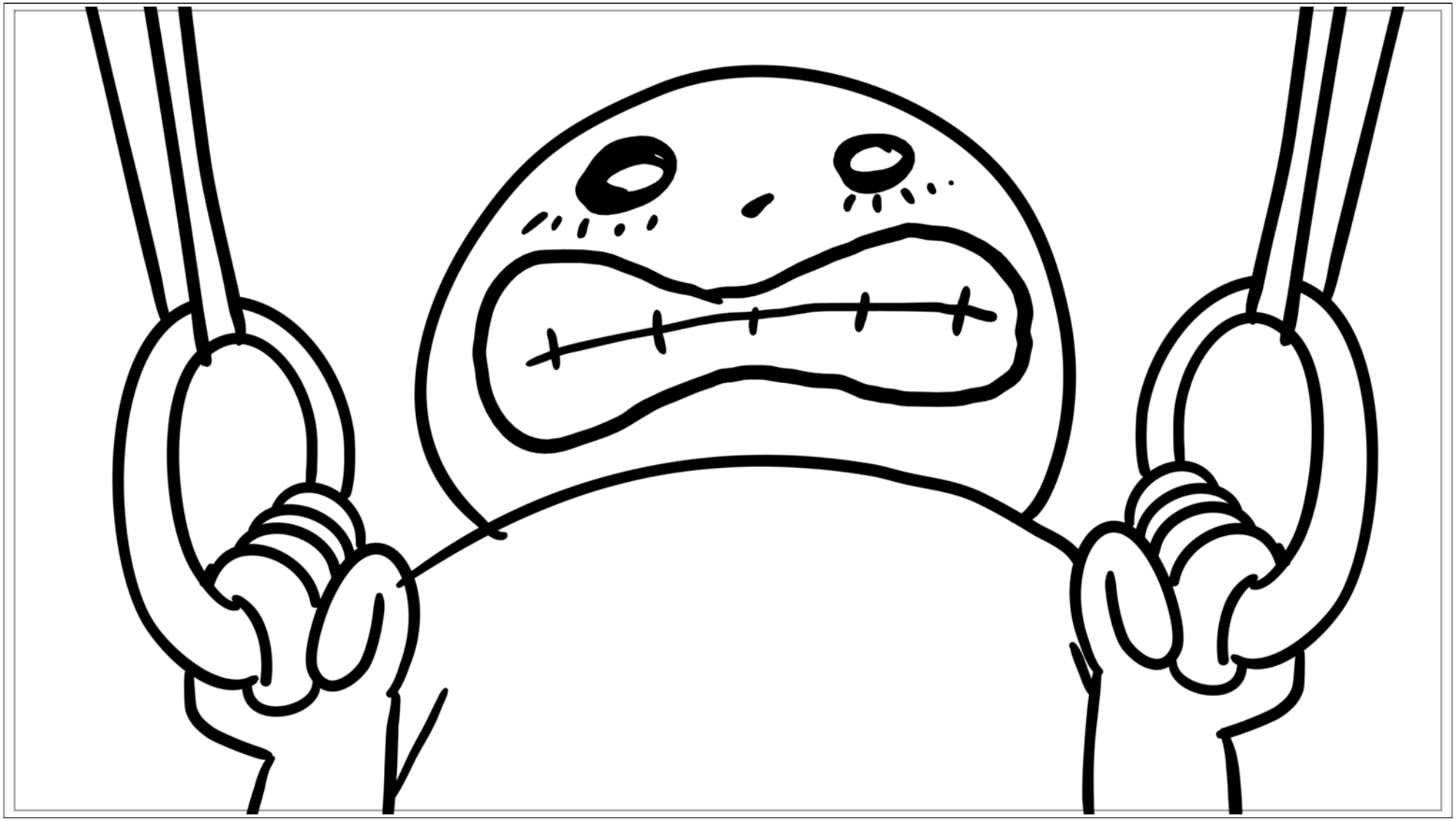


Dialog
Scott (OS): Ring rows!

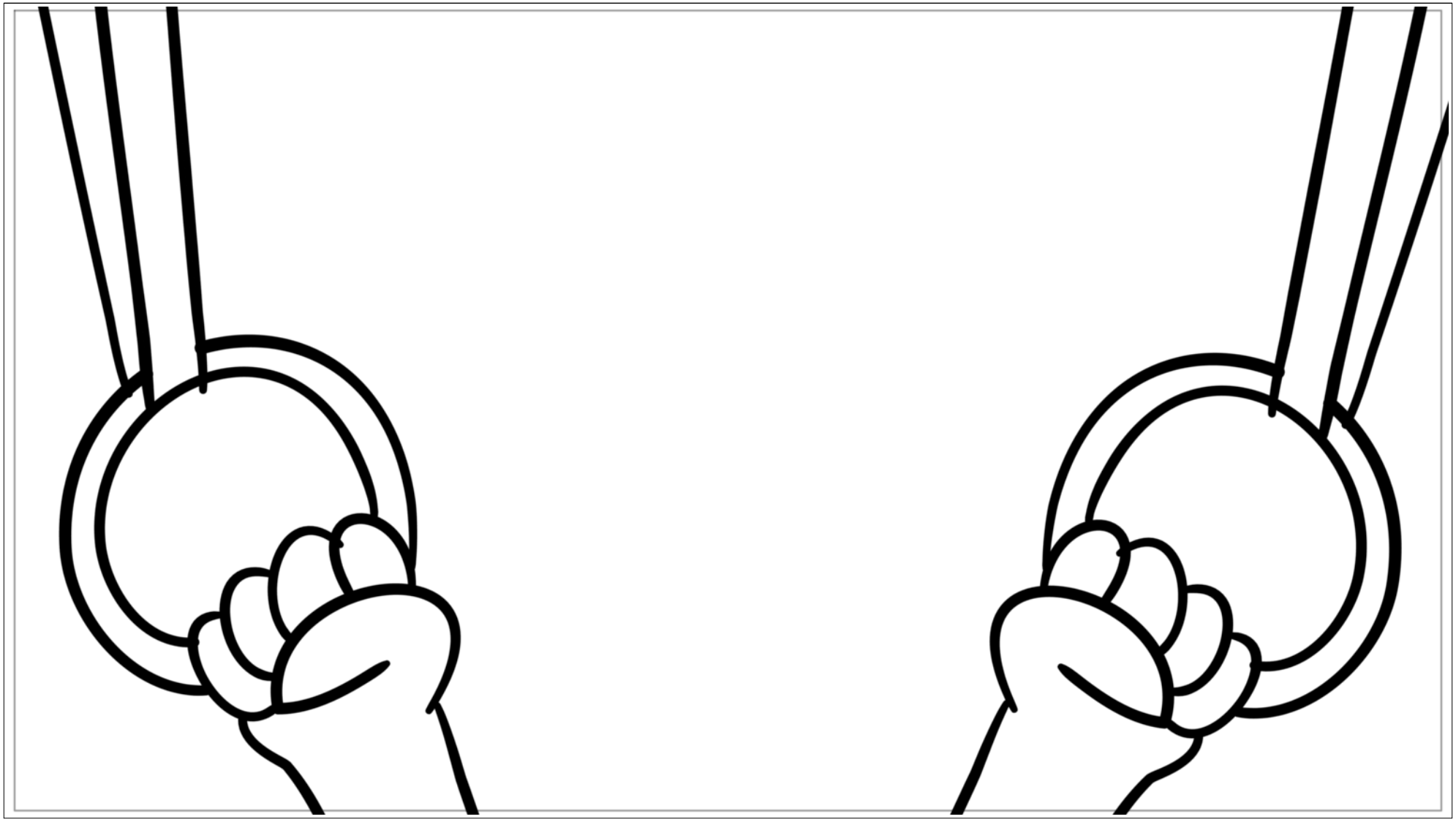
Scene	Duration	Panel	Duration
2	32:00	7	01:00



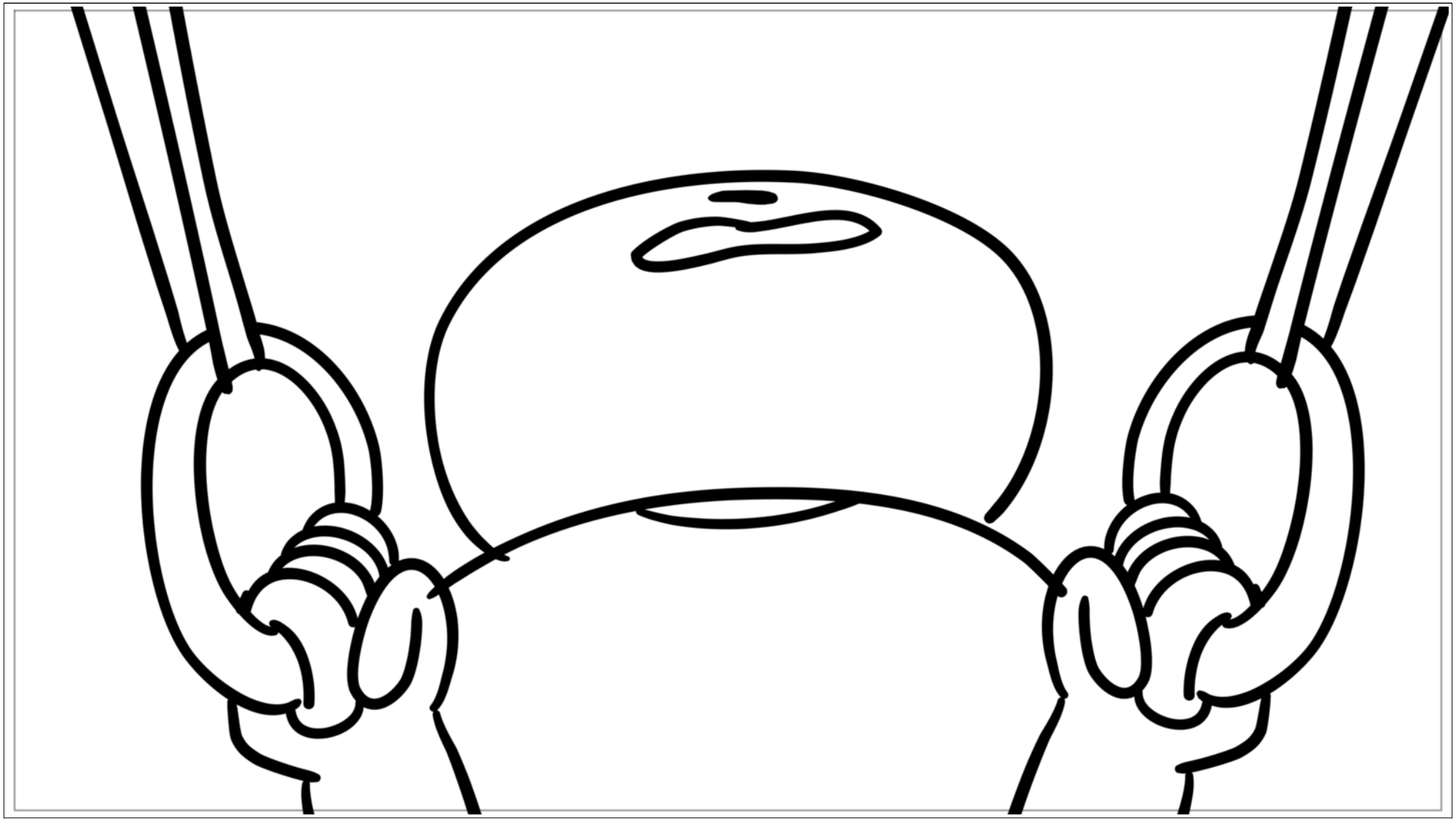
Scene	Duration	Panel	Duration
2	32:00	8	01:00



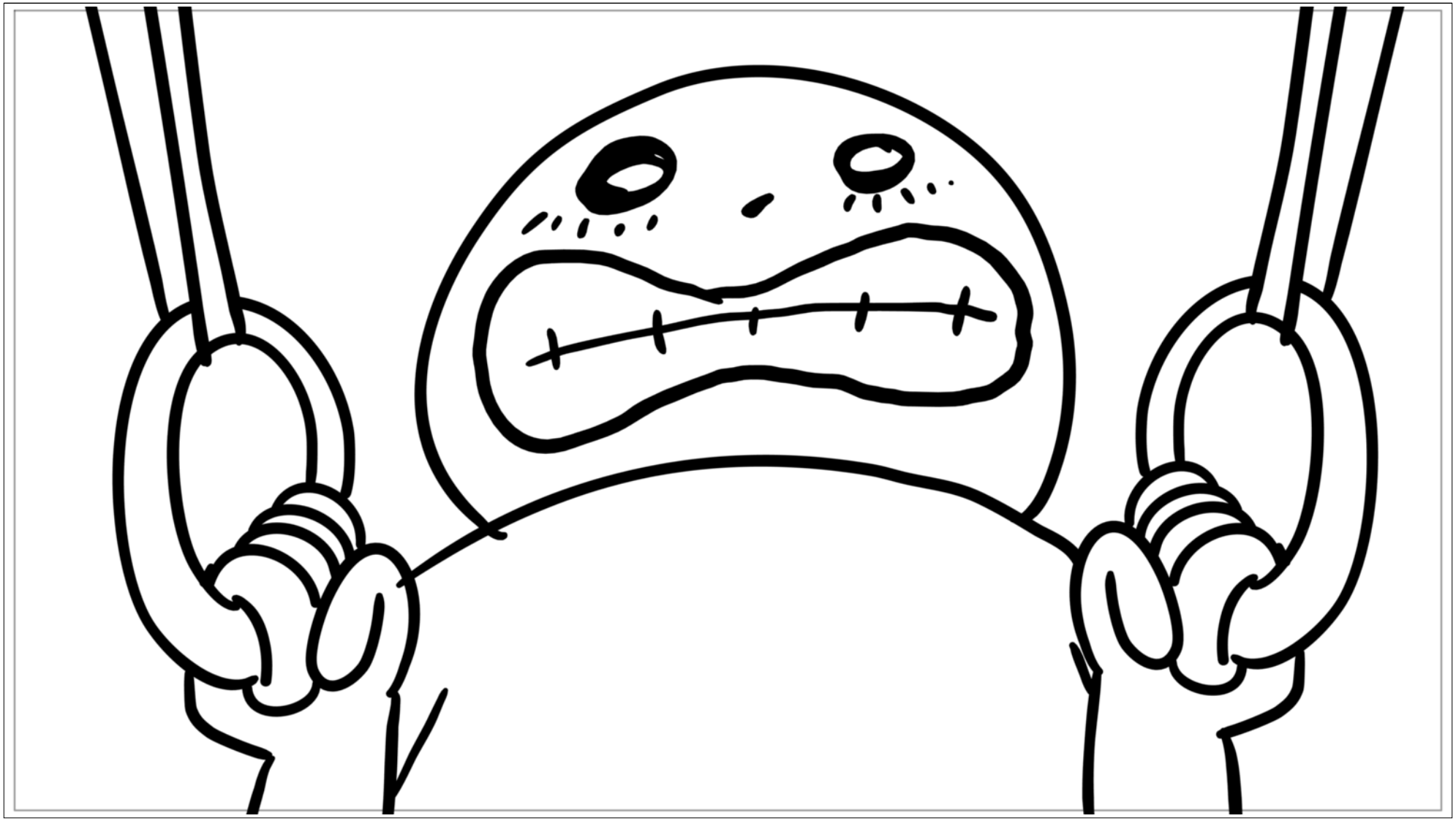
Scene	Duration	Panel	Duration
2	32:00	9	01:00



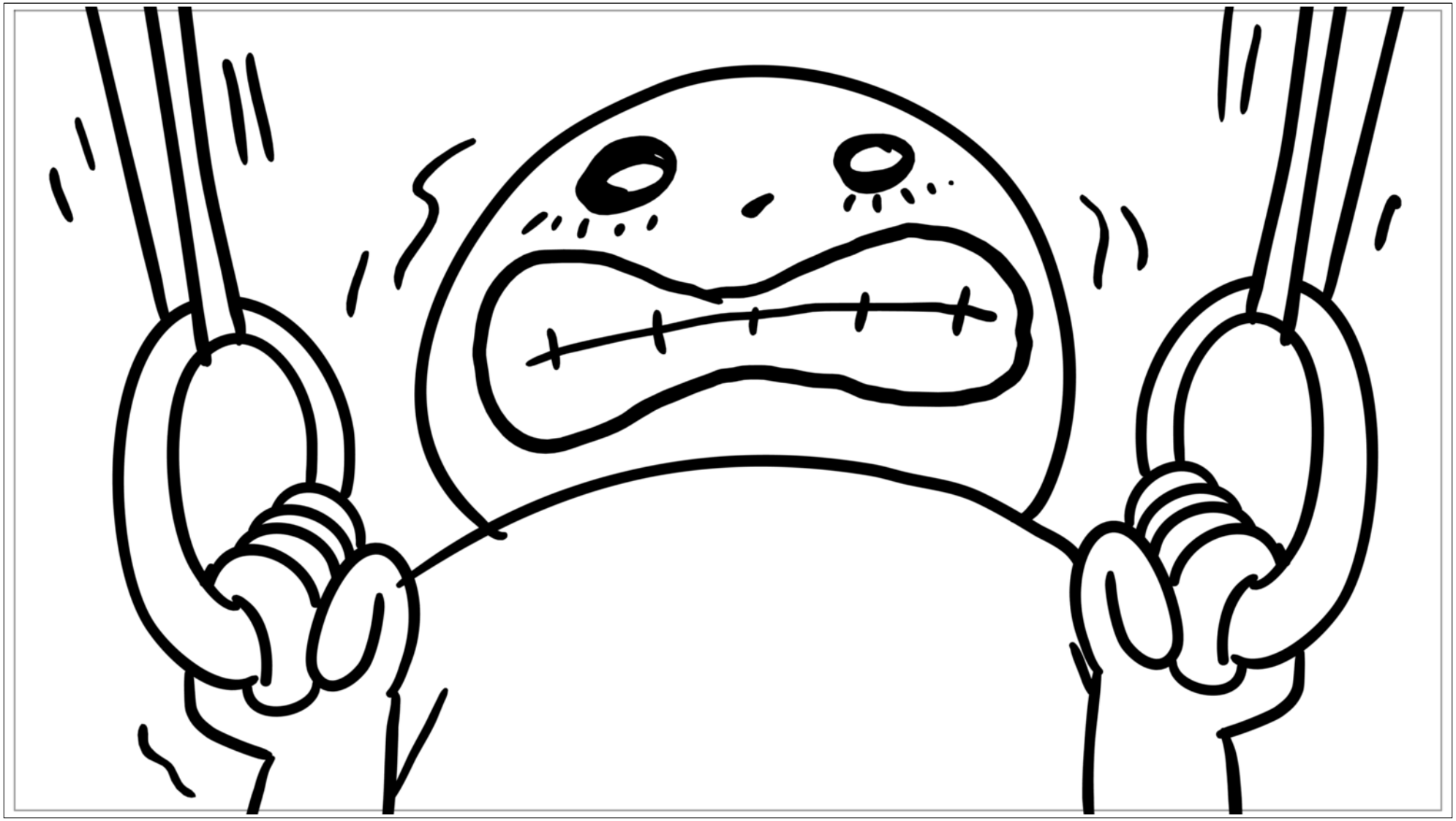
Scene	Duration	Panel	Duration
2	32:00	10	01:00



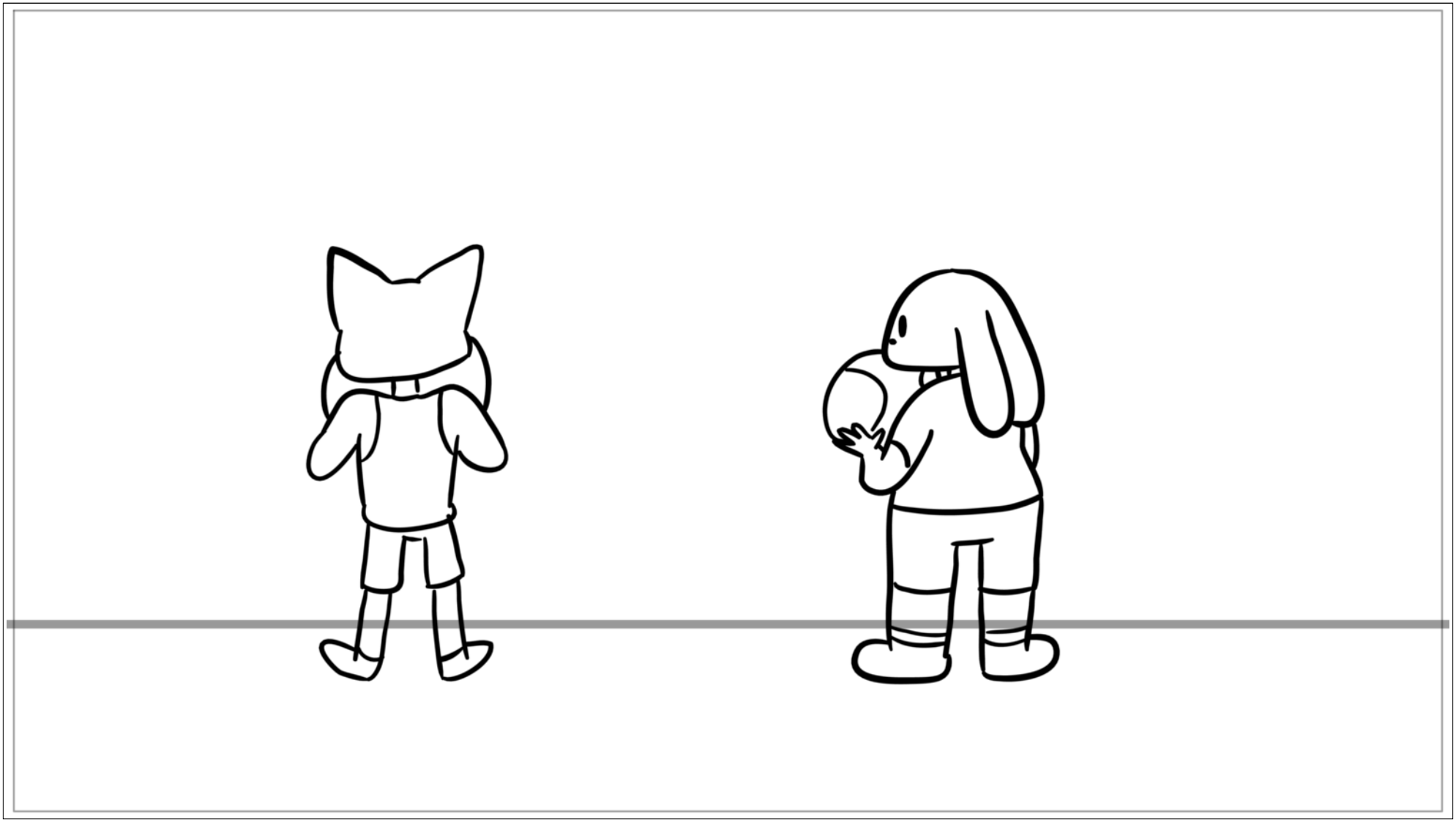
Scene	Duration	Panel	Duration
2	32:00	11	01:00



Scene	Duration	Panel	Duration
2	32:00	12	01:00

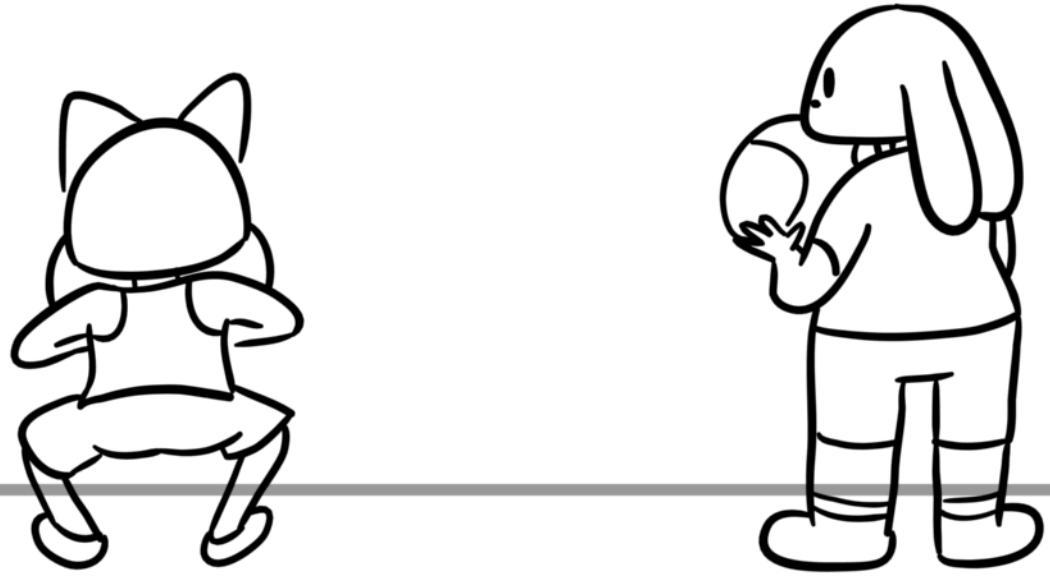


Scene	Duration	Panel	Duration
2	32:00	13	01:00

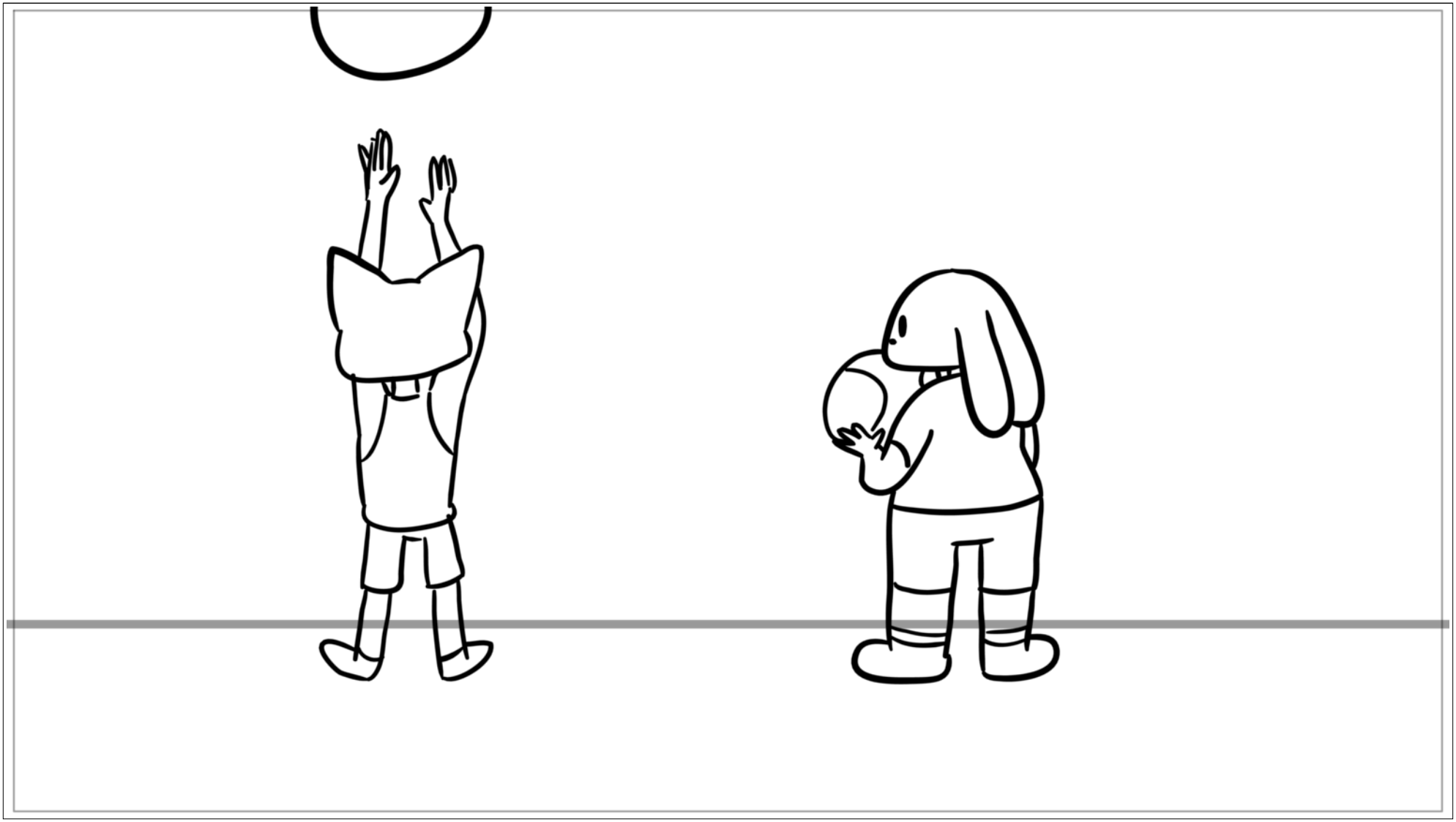


Dialog
Scott (OS): Wall balls!

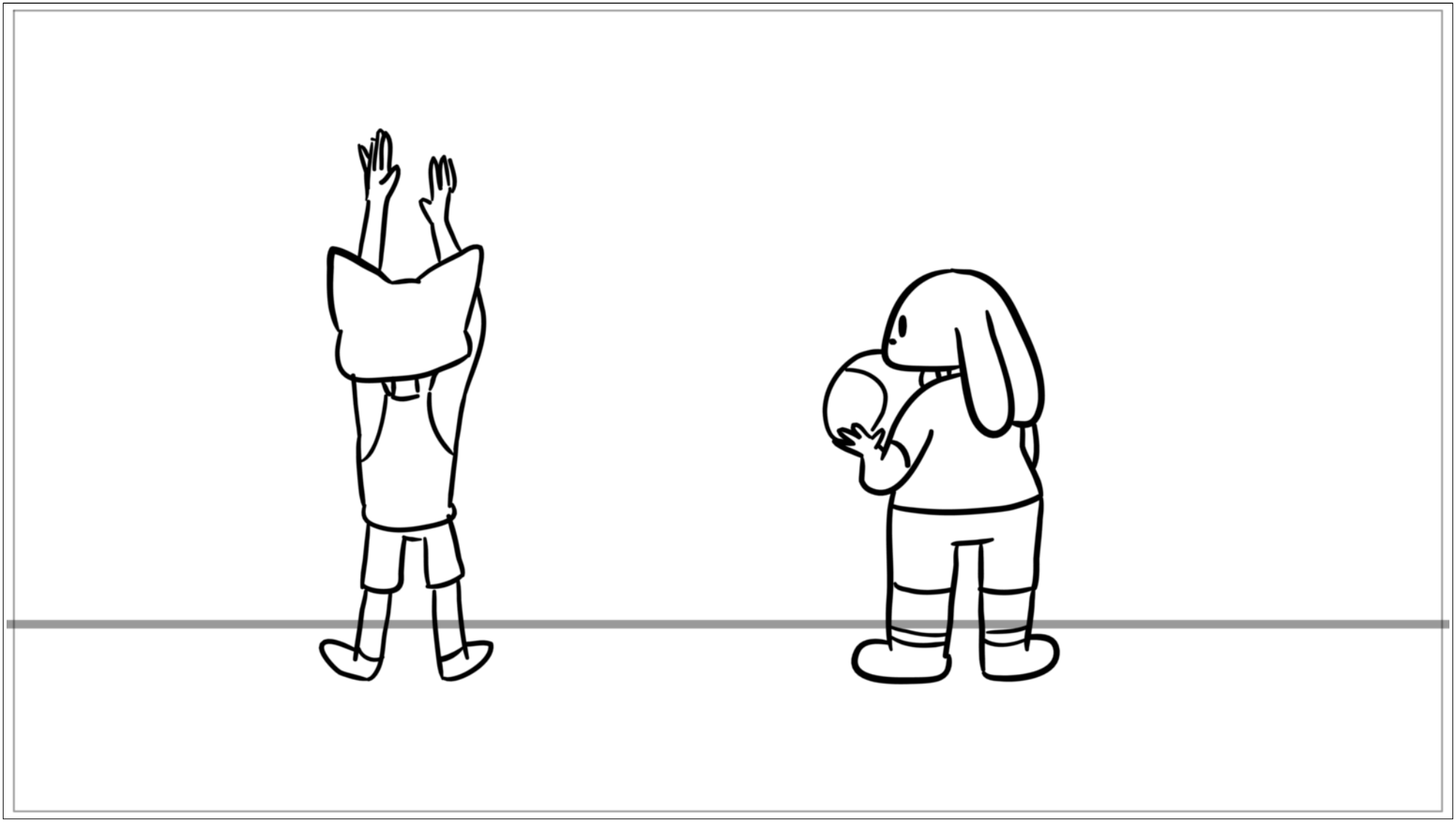
Scene	Duration	Panel	Duration
2	32:00	14	01:00



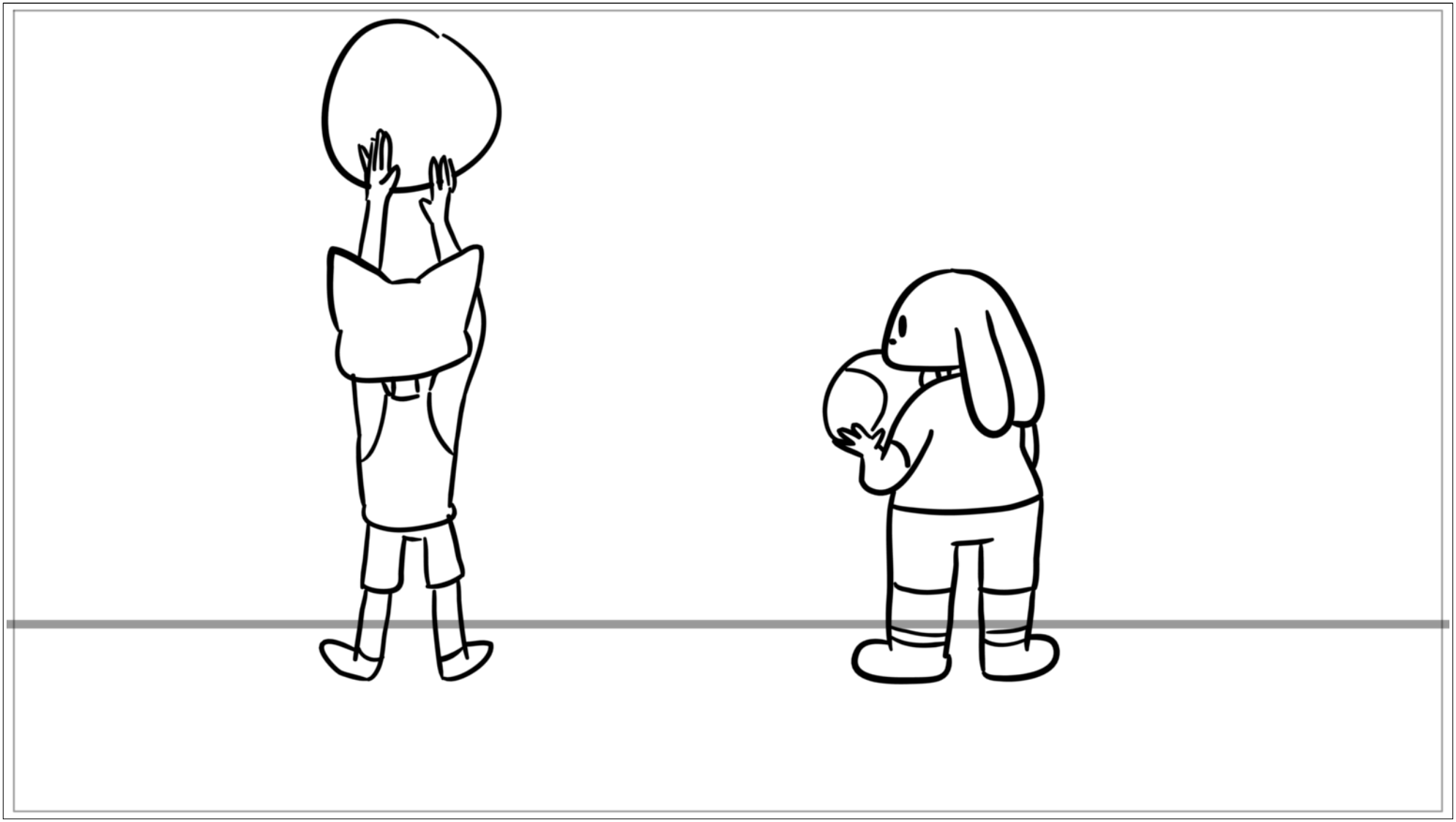
Scene	Duration	Panel	Duration
2	32:00	15	01:00



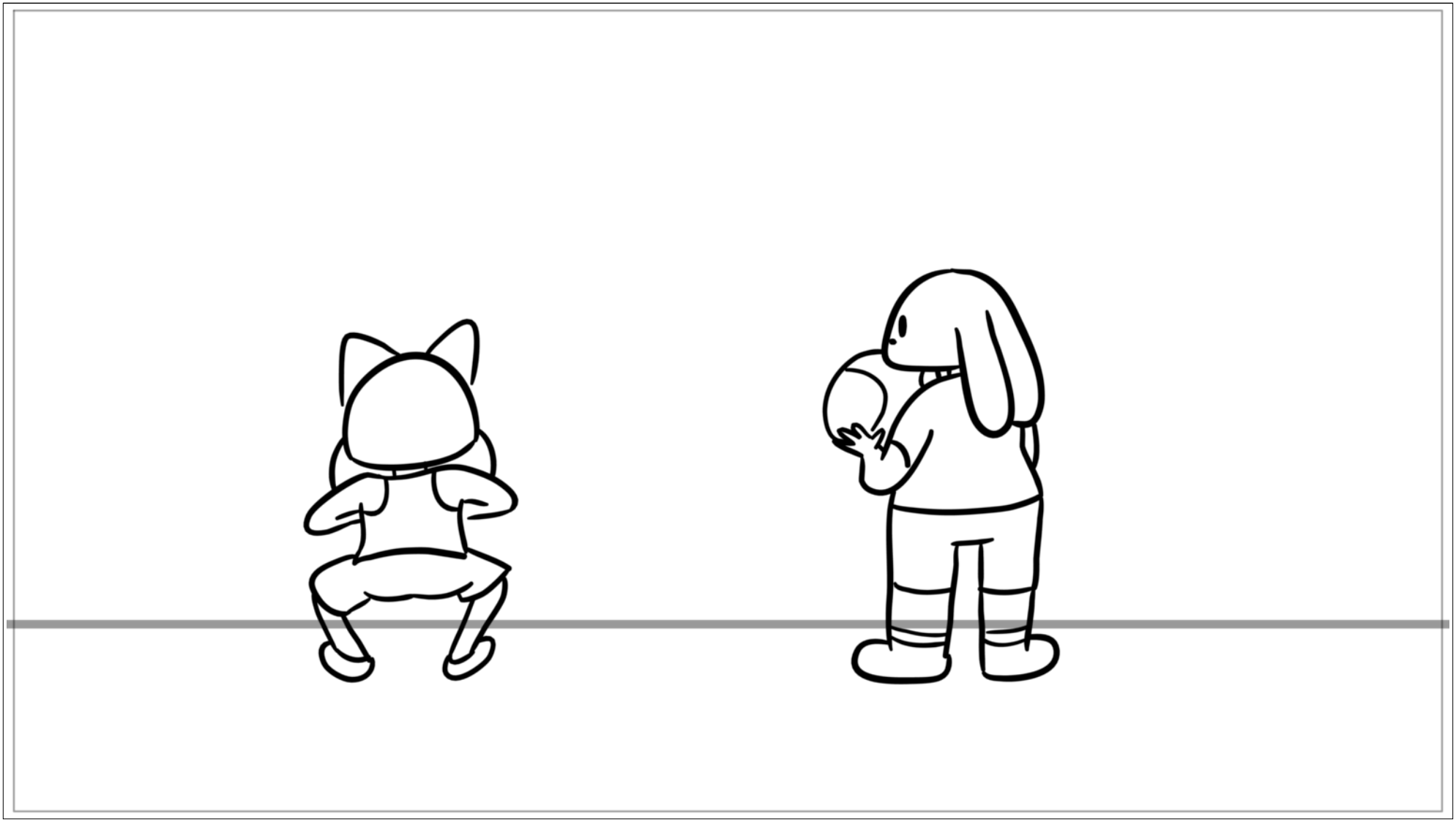
Scene	Duration	Panel	Duration
2	32:00	16	01:00



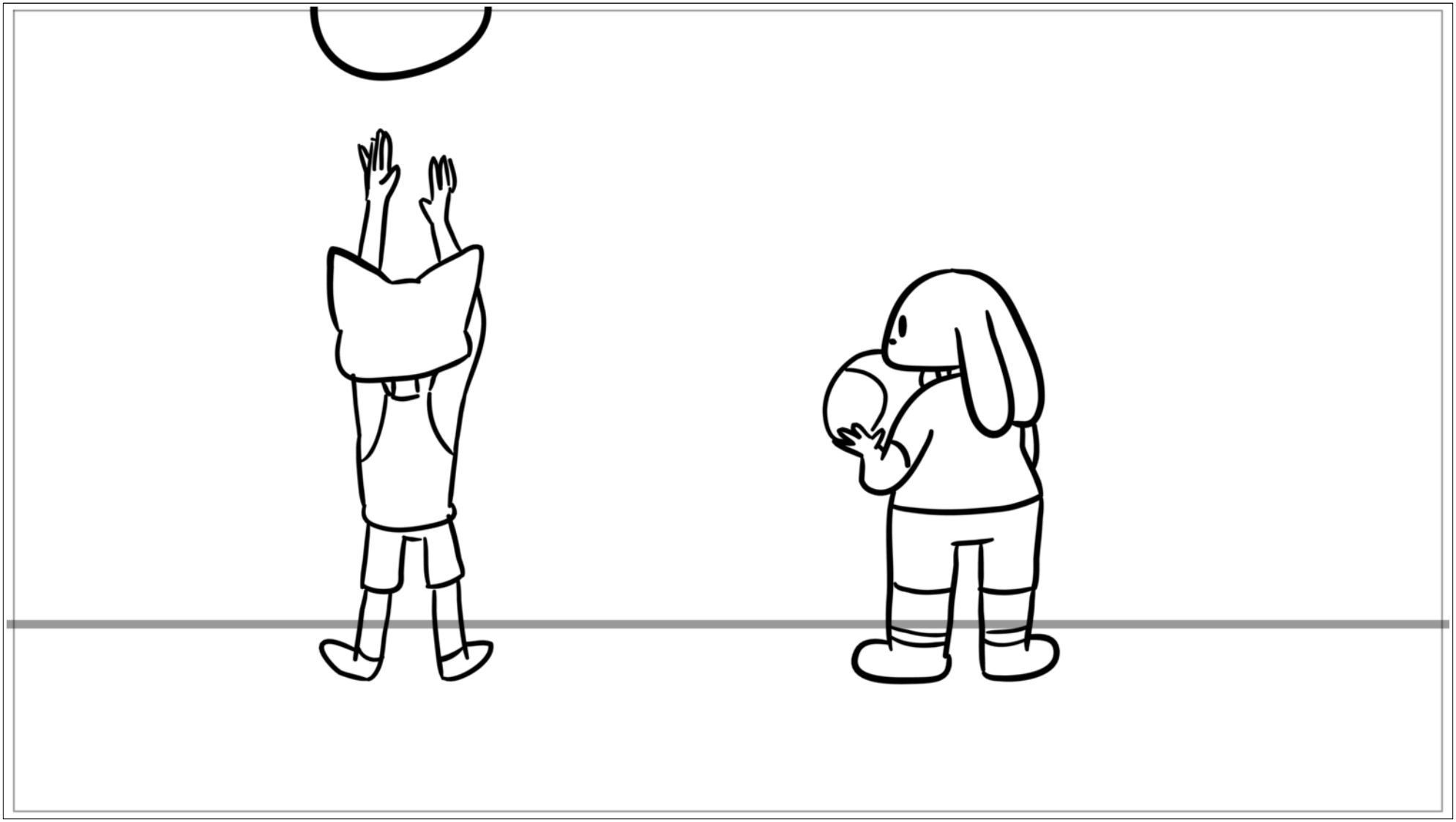
Scene	Duration	Panel	Duration
2	32:00	17	01:00



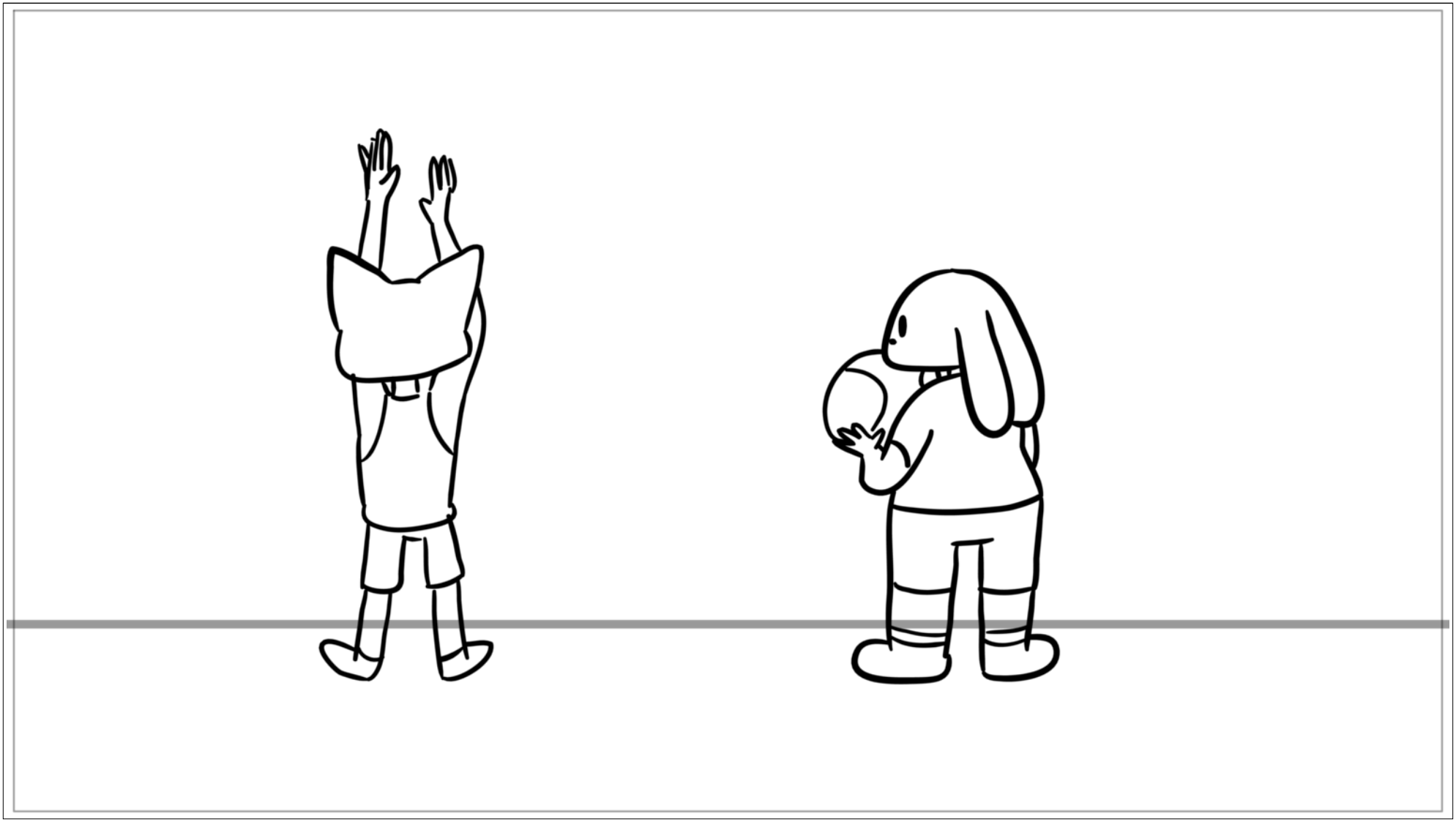
Scene	Duration	Panel	Duration
2	32:00	18	01:00



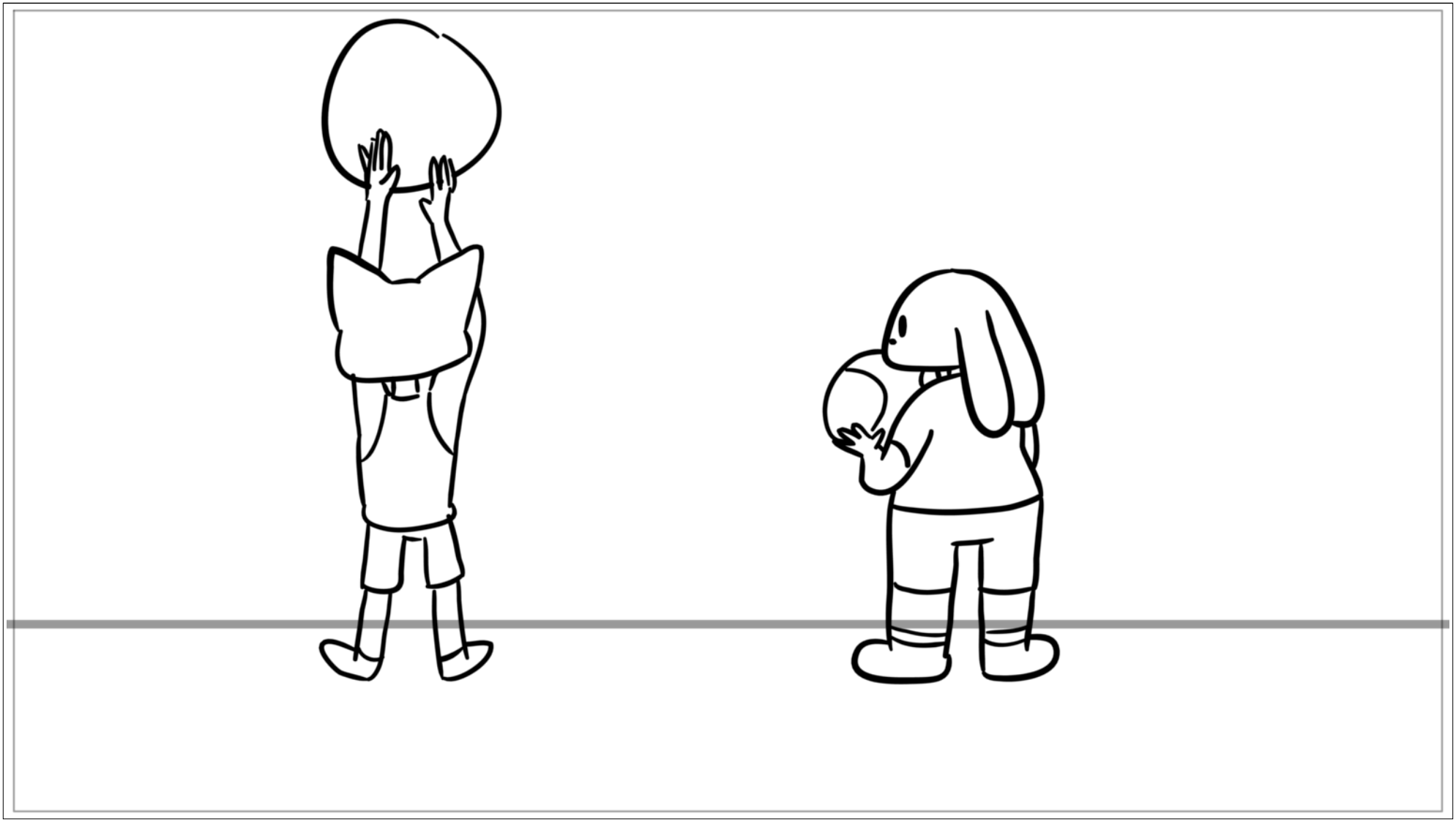
Scene	Duration	Panel	Duration
2	32:00	19	01:00



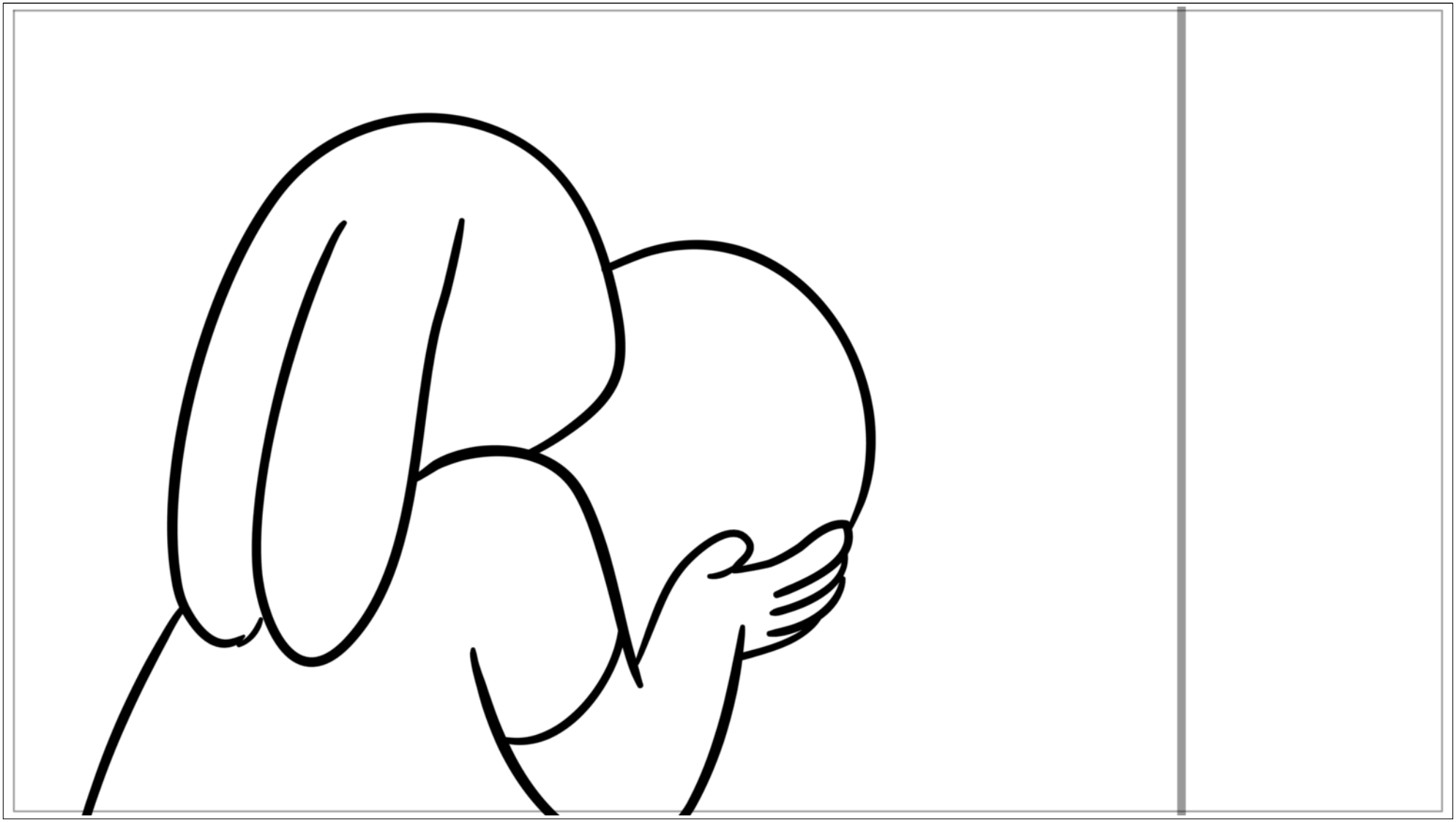
Scene	Duration	Panel	Duration
2	32:00	20	01:00



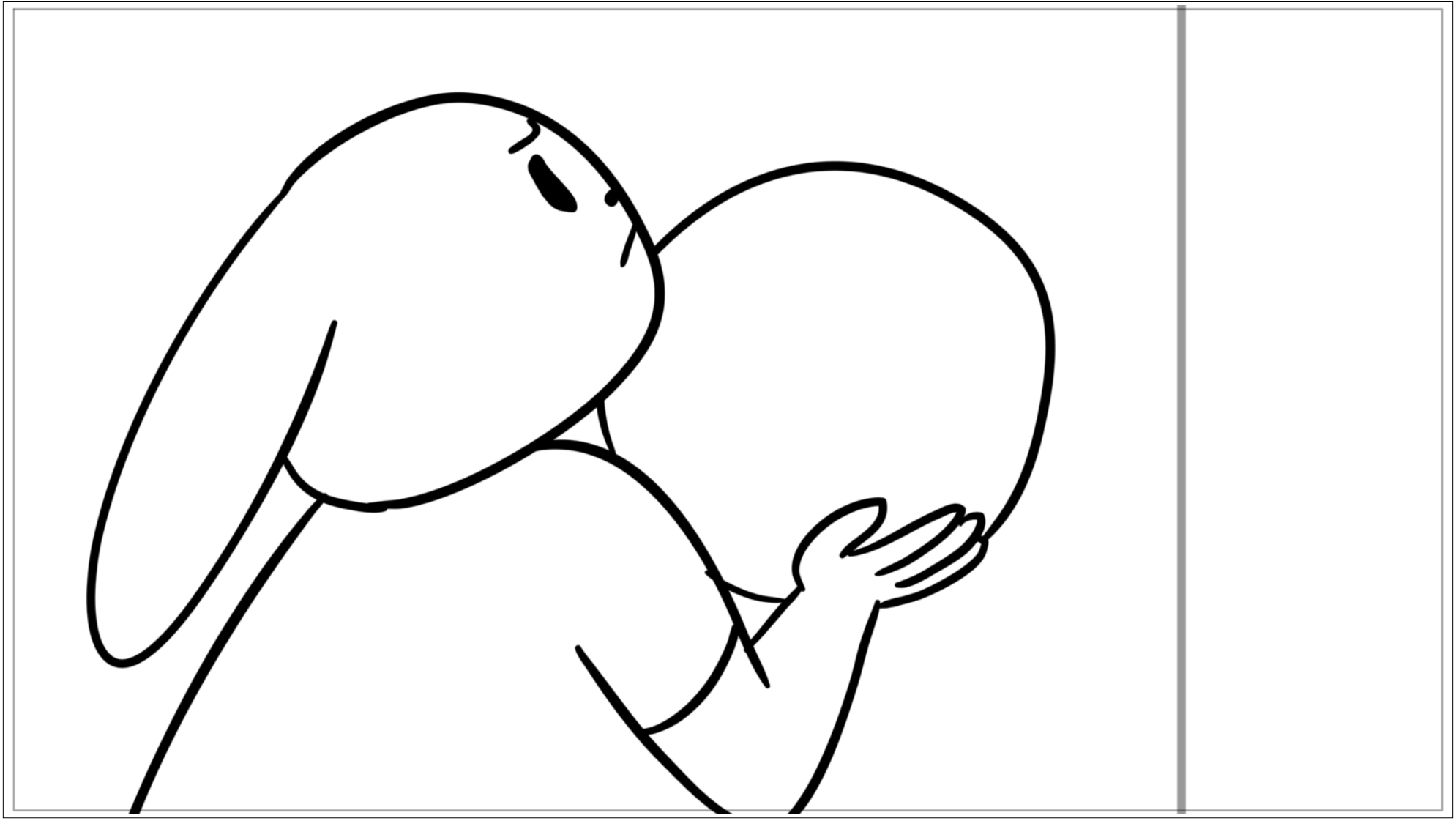
Scene	Duration	Panel	Duration
2	32:00	21	01:00



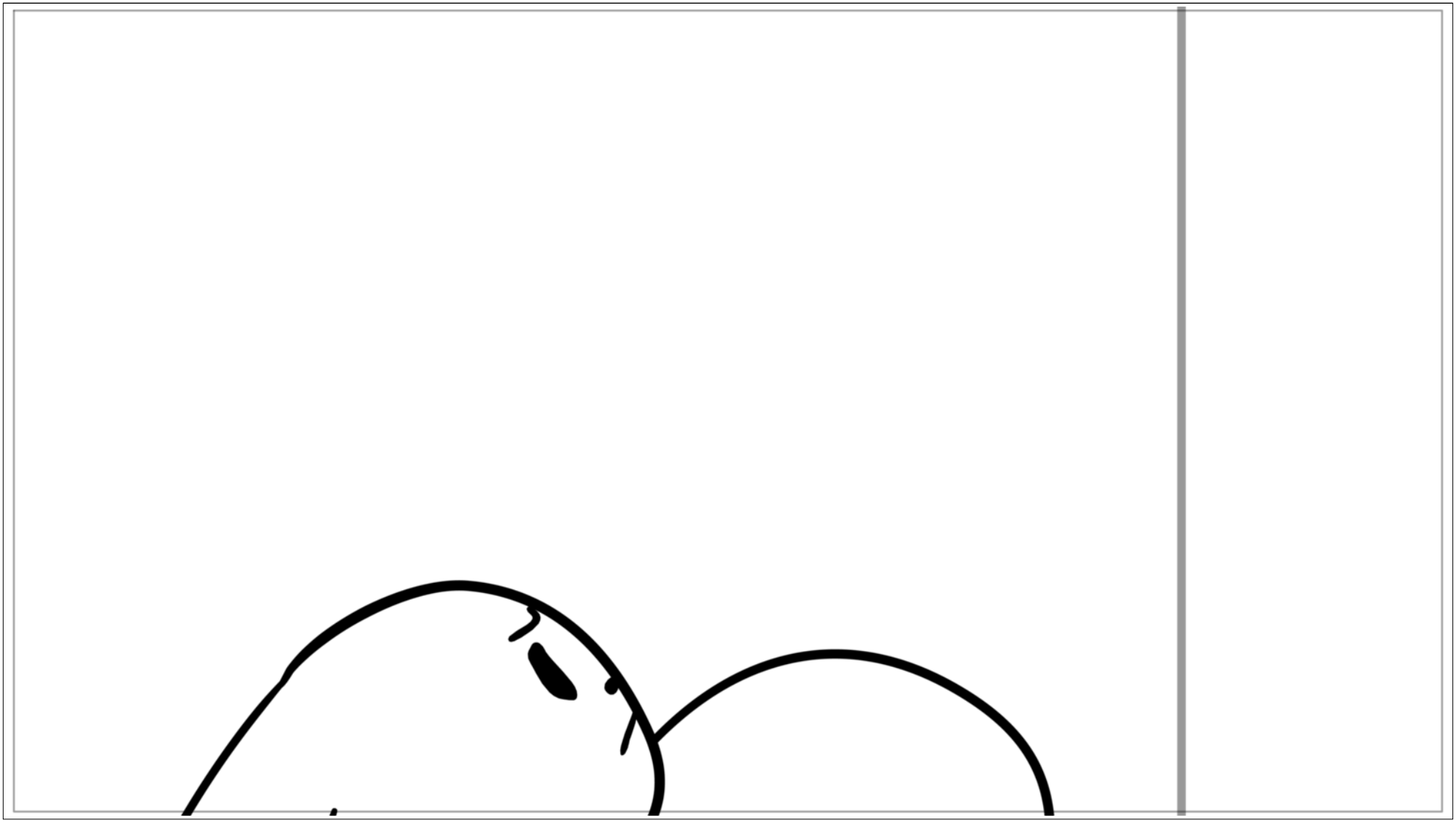
Scene	Duration	Panel	Duration
2	32:00	22	01:00



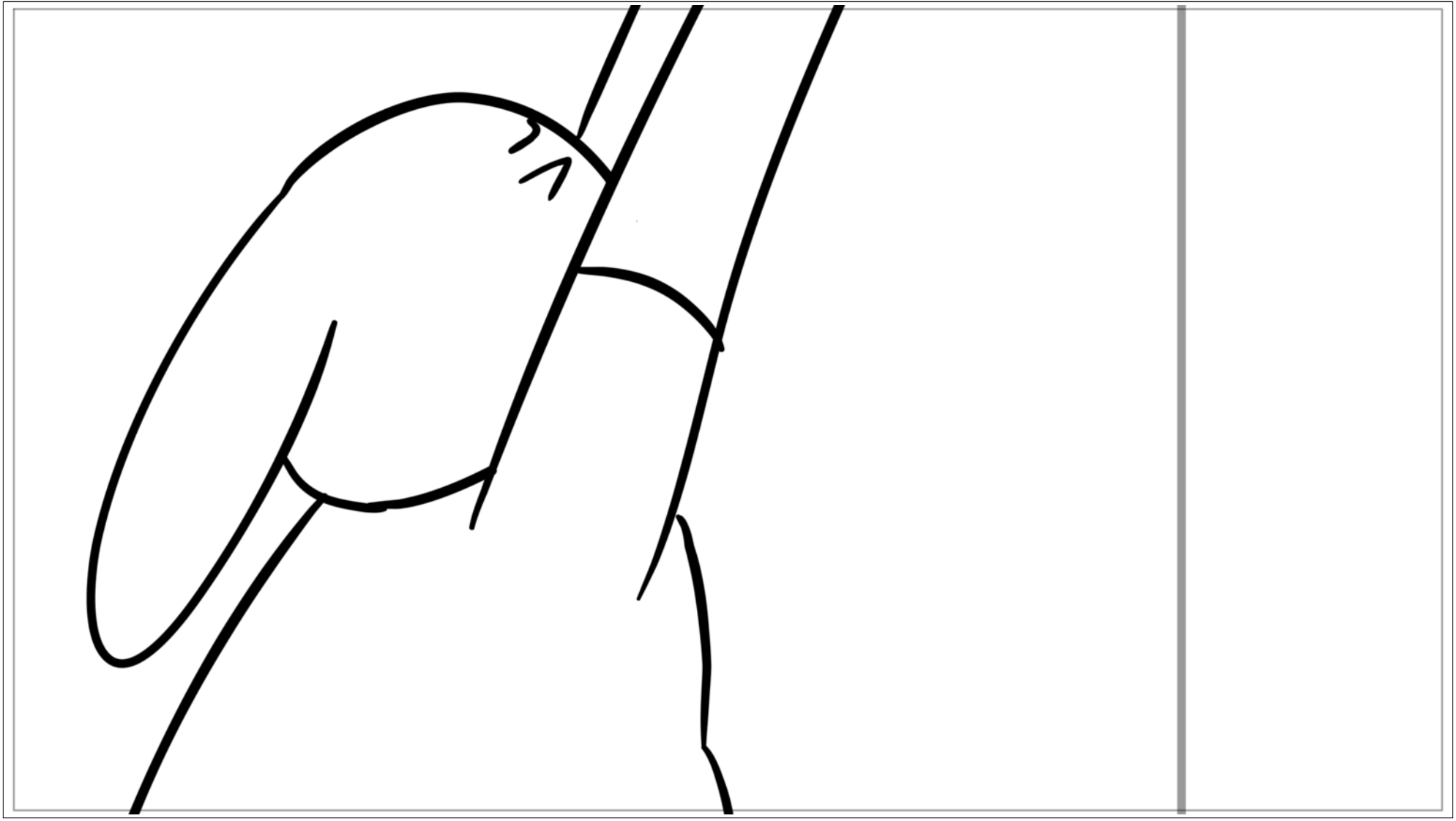
Scene	Duration	Panel	Duration
2	32:00	23	01:00



Scene	Duration	Panel	Duration
2	32:00	24	01:00

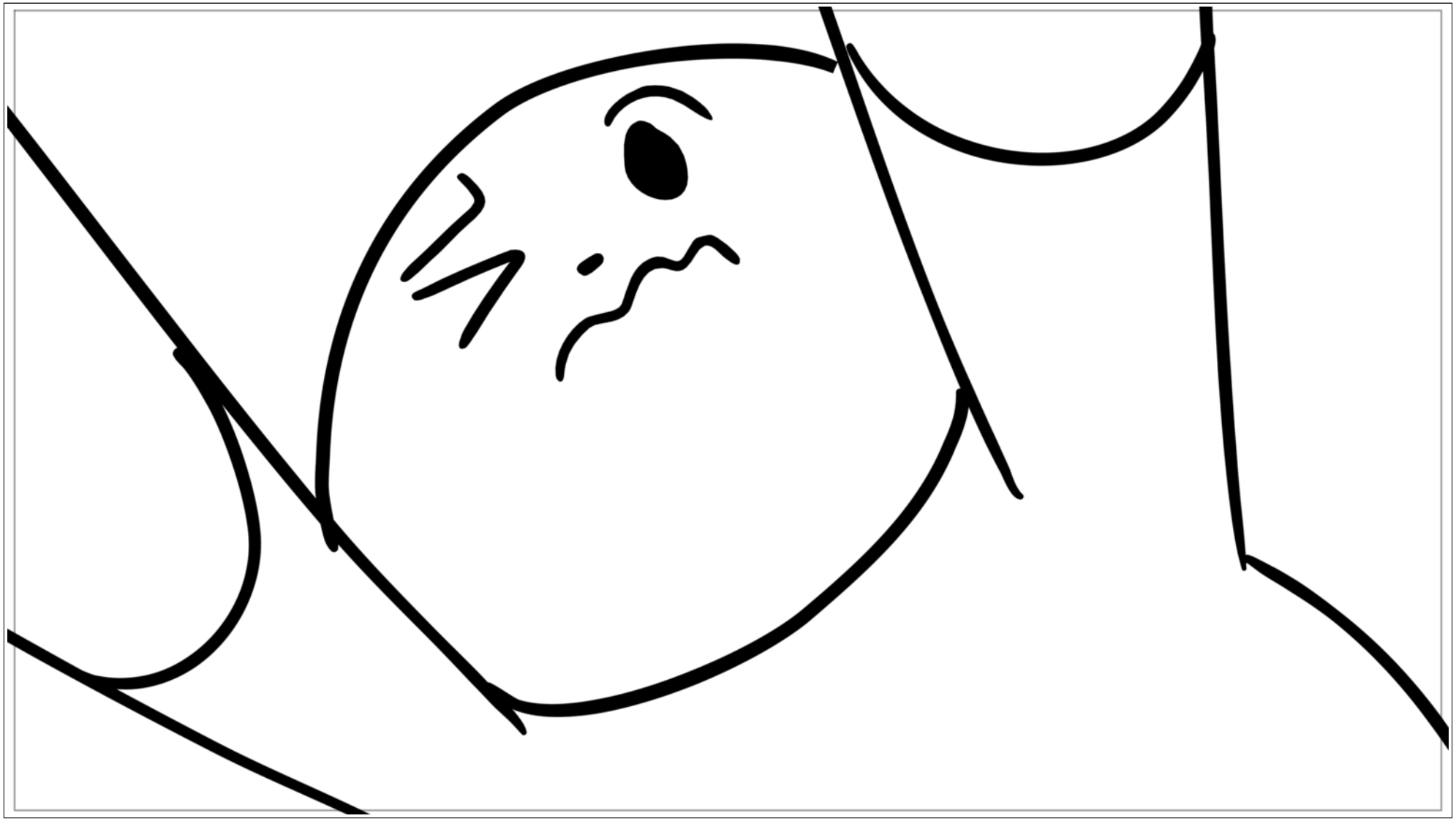


Scene	Duration	Panel	Duration
2	32:00	25	01:00

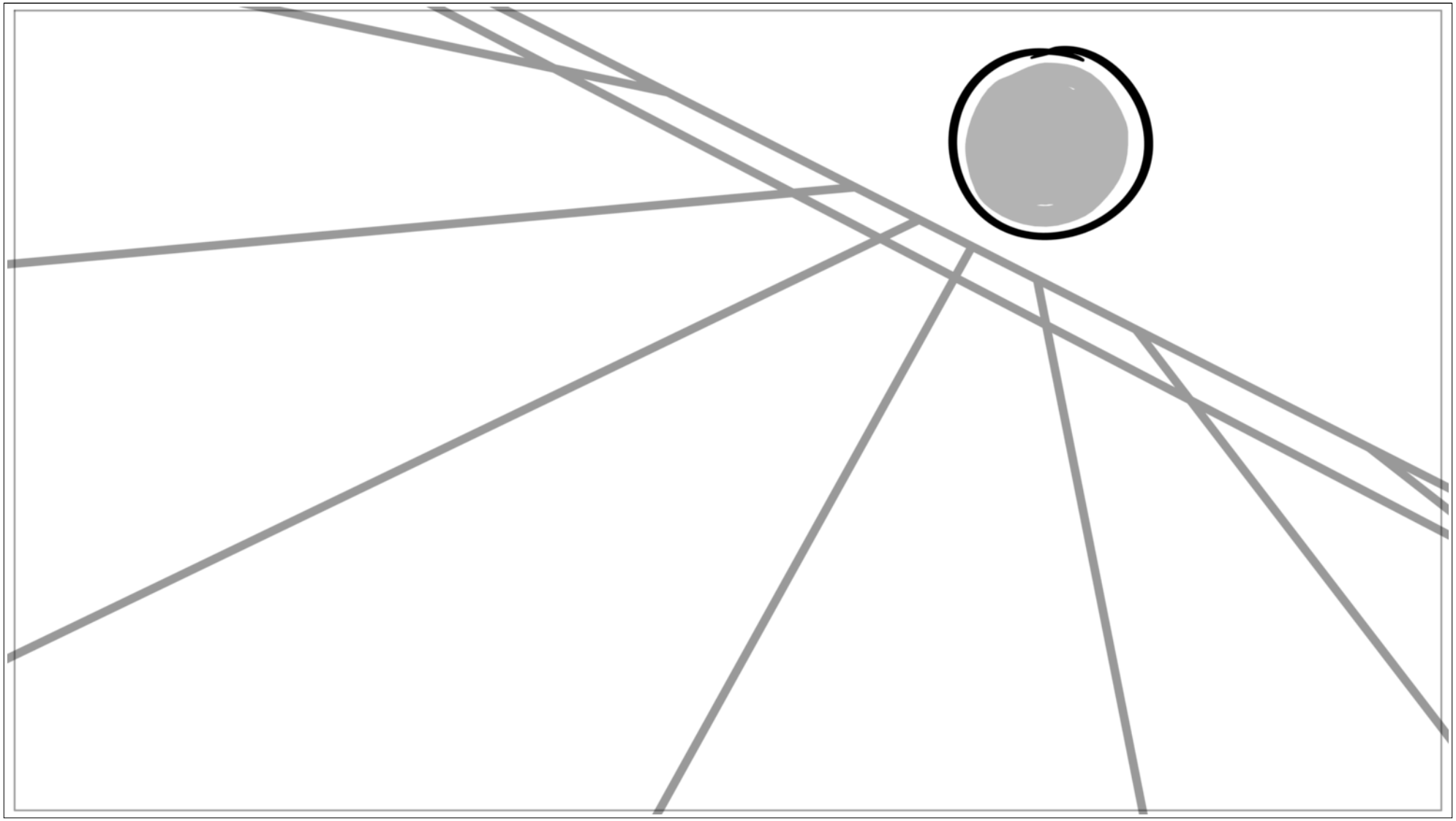


Scene	Duration	Panel	Duration
2	32:00	26	01:00

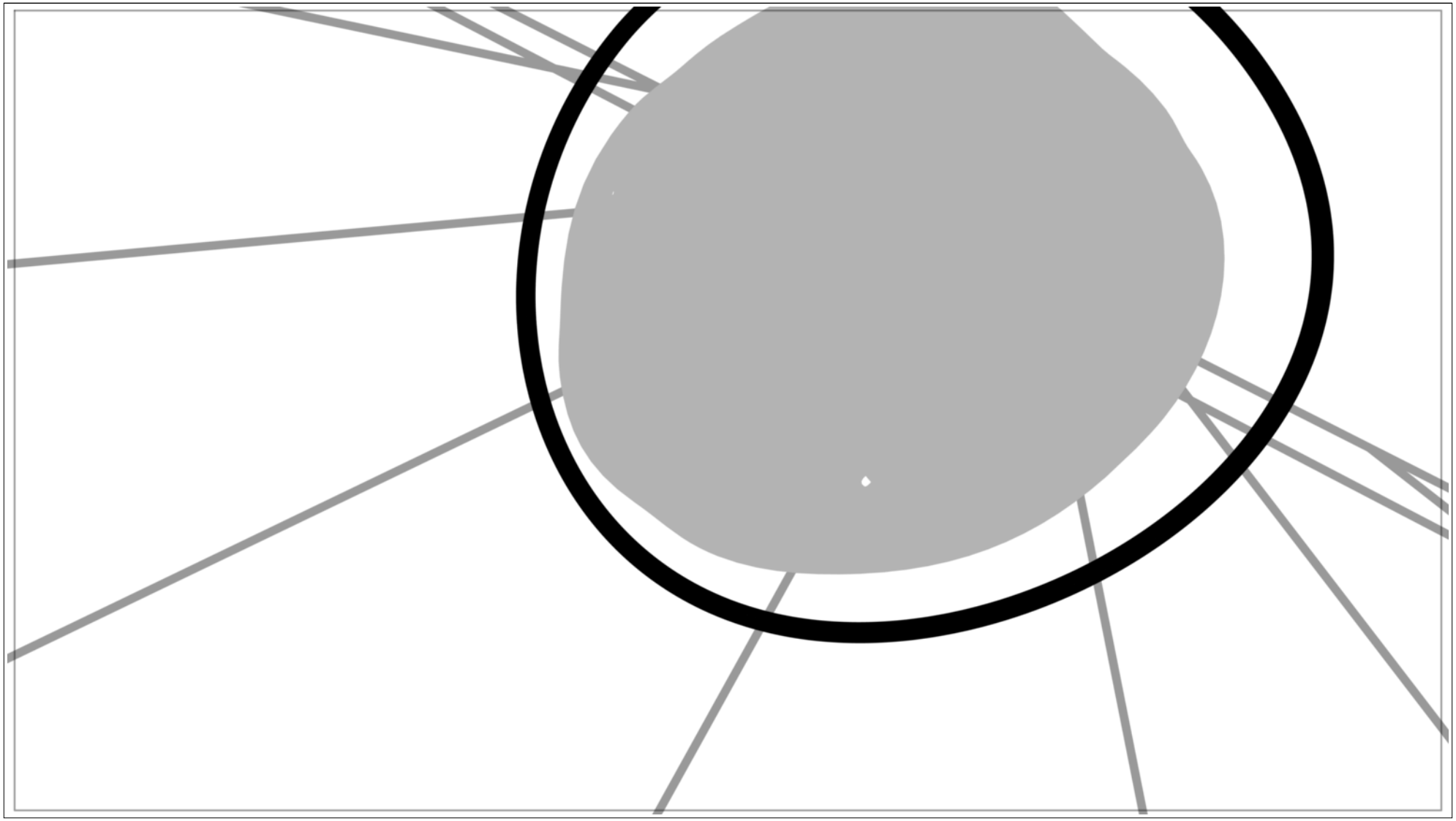
Scene	Duration	Panel	Duration
2	32:00	27	01:00



Scene	Duration	Panel	Duration
2	32:00	28	01:00



Scene	Duration	Panel	Duration
2	32:00	29	01:00

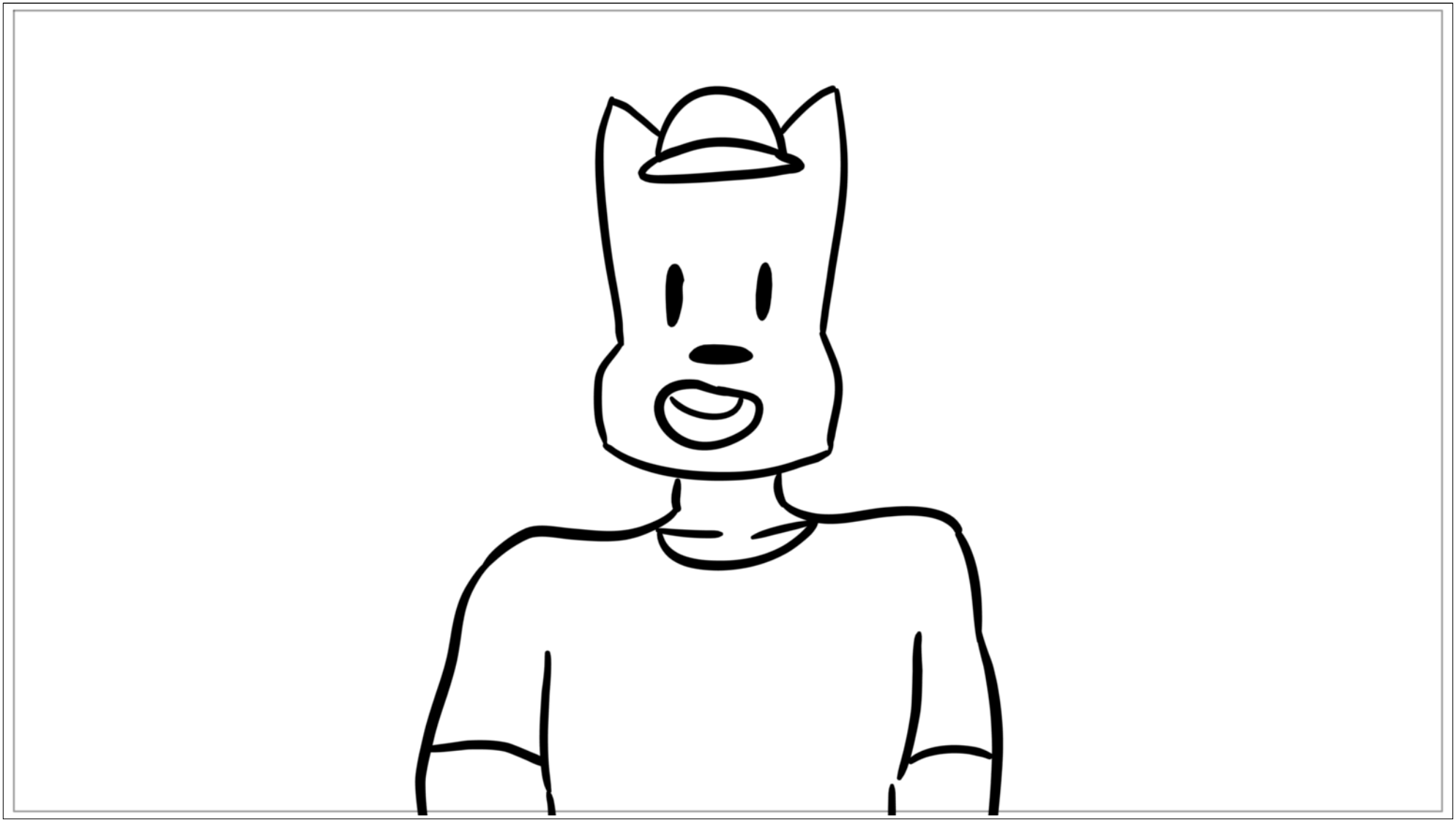


Scene	Duration	Panel	Duration
2	32:00	30	01:00

Scene	Duration	Panel	Duration
2	32:00	31	01:00

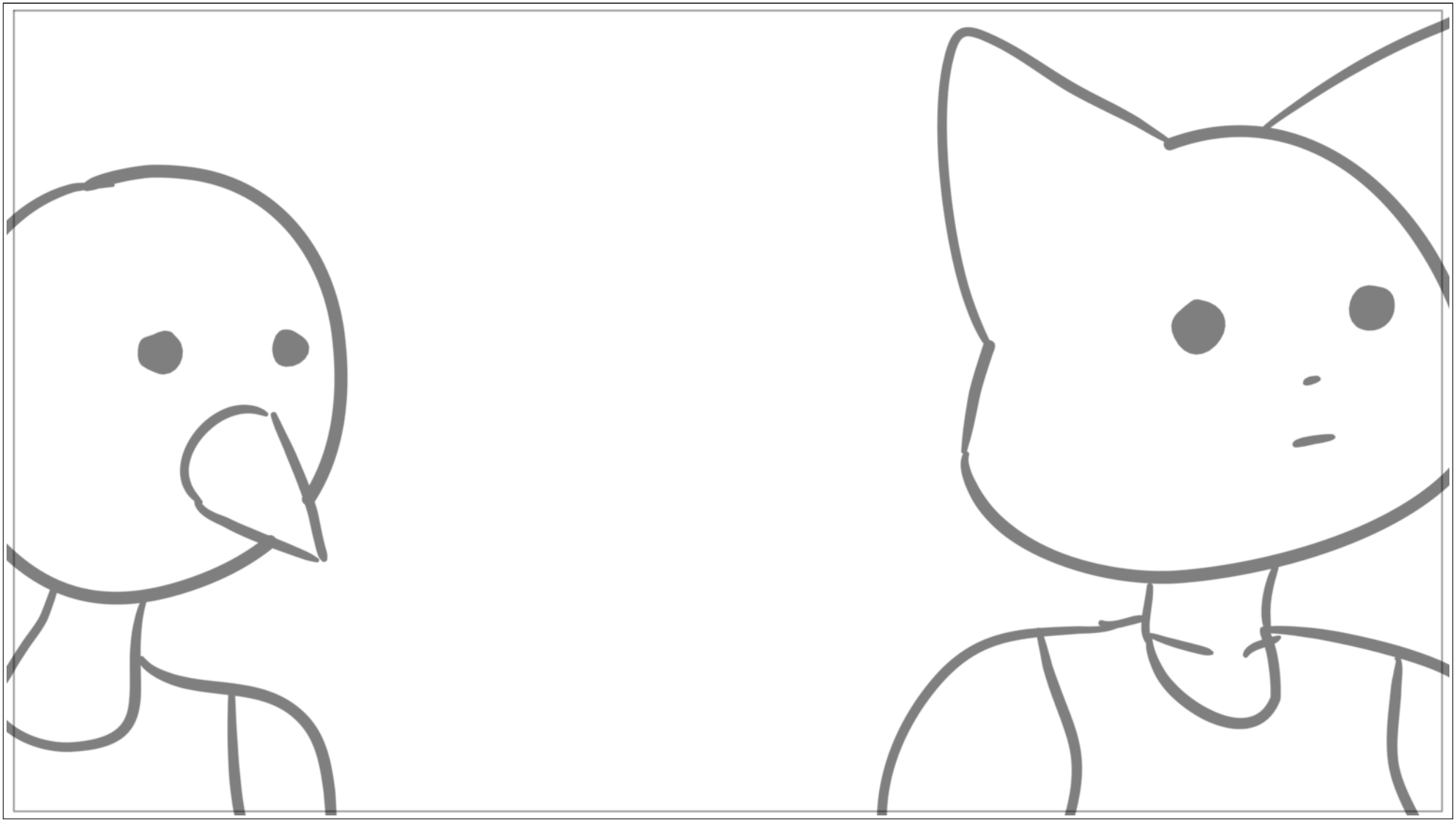
Scene	Duration	Panel	Duration
2	32:00	32	01:00

Scene	Duration	Panel	Duration
3	23:00	1	01:00



Dialog
Scott: Okay, good work! Everyone line up in front of me.

Scene	Duration	Panel	Duration
3	23:00	2	01:00

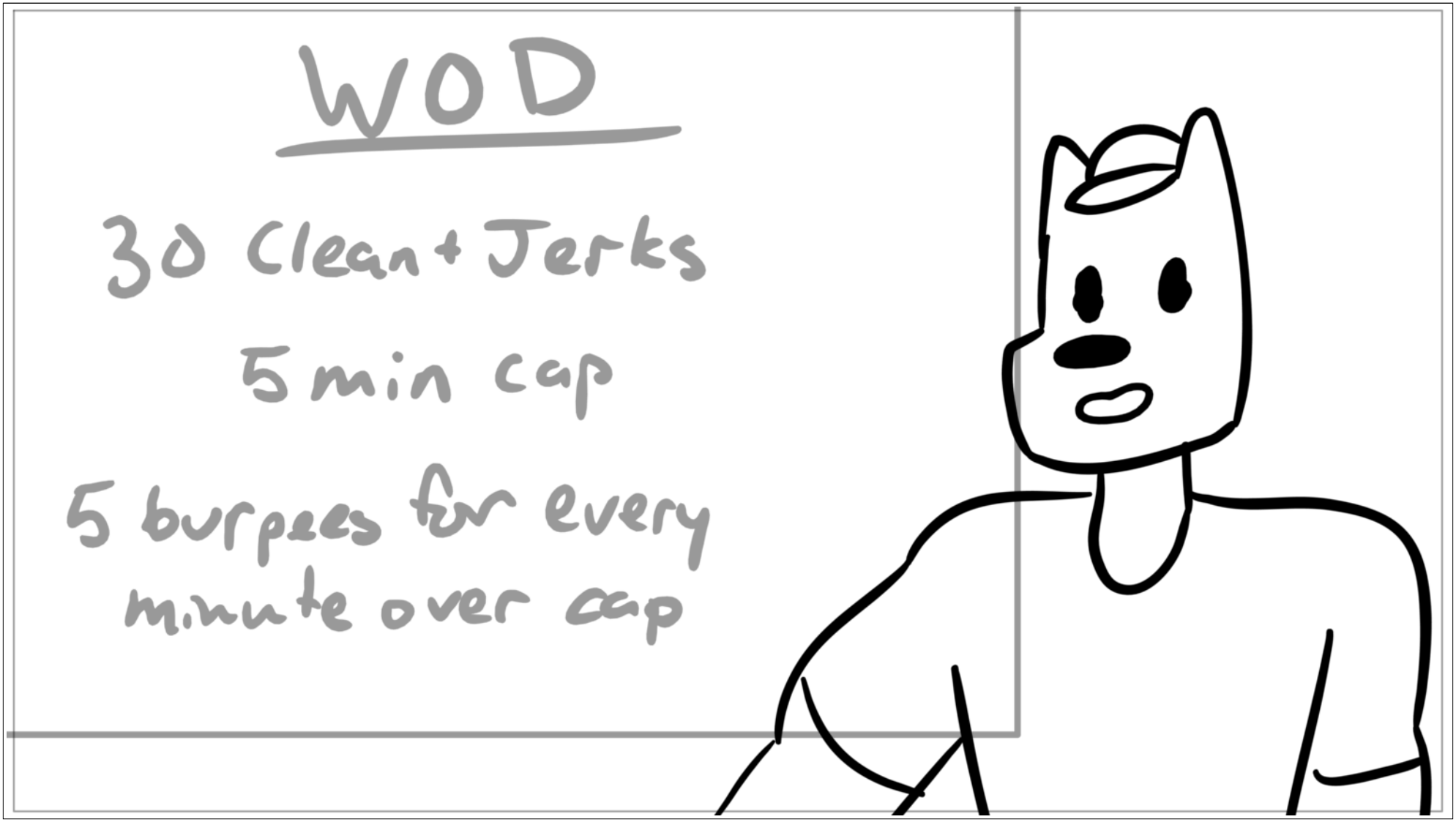


Scene	Duration	Panel	Duration
3	23:00	3	01:00

Scene	Duration	Panel	Duration
3	23:00	4	01:00

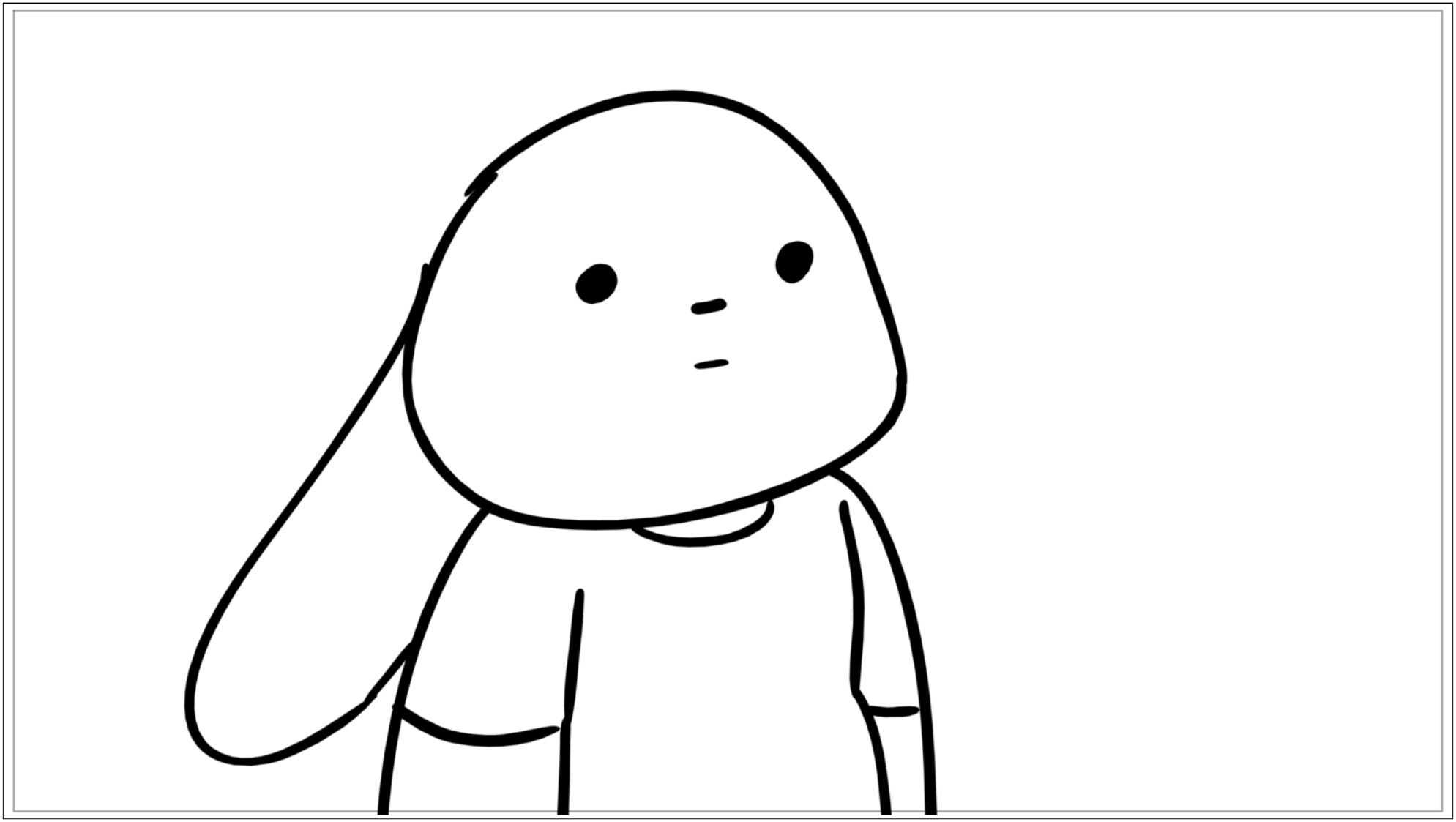
Scene	Duration	Panel	Duration
3	23:00	5	01:00

Scene	Duration	Panel	Duration
3	23:00	6	01:00



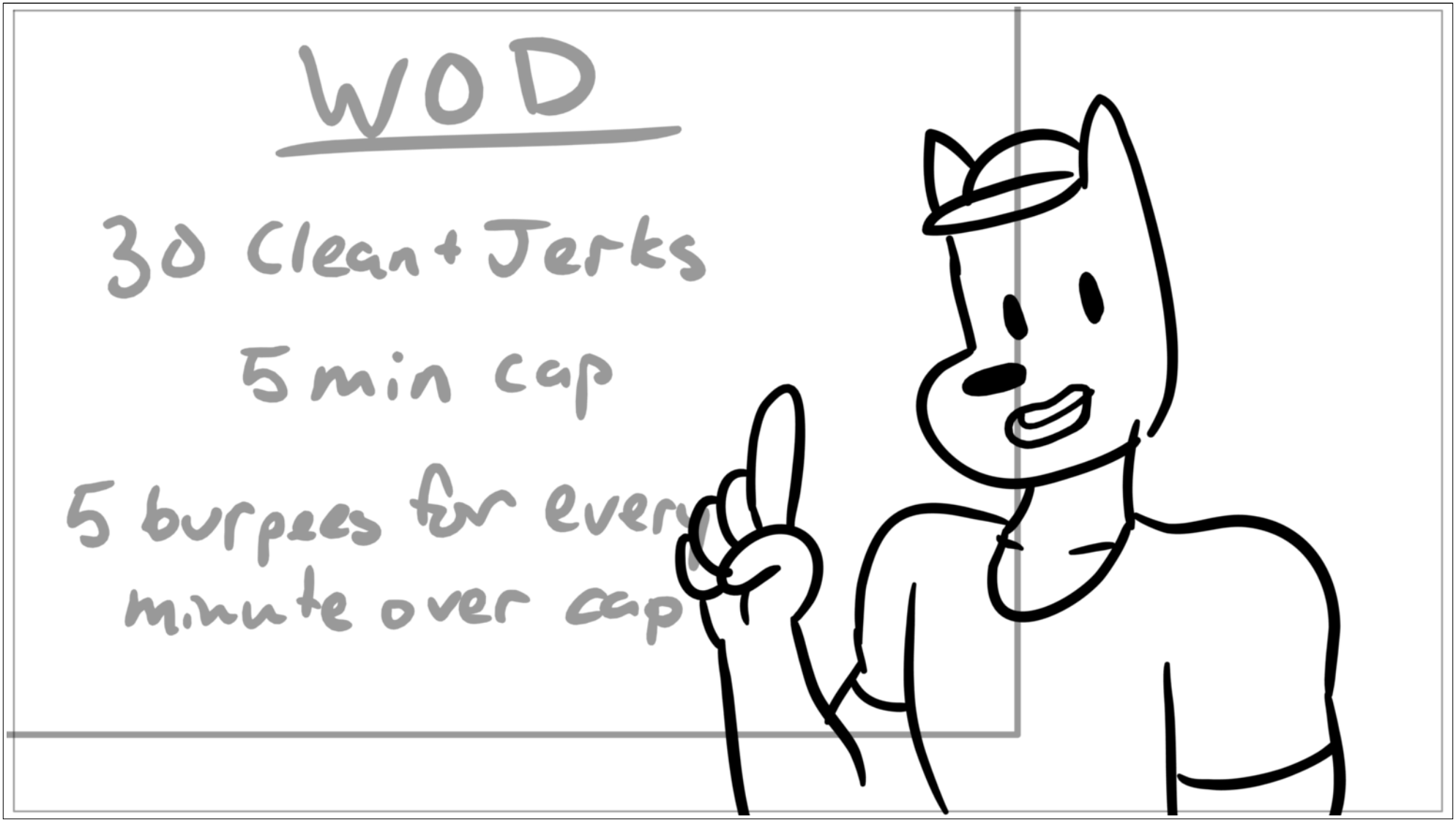
Dialog
Scott: Now that we're done with the warmup-

Scene	Duration	Panel	Duration
3	23:00	7	01:00



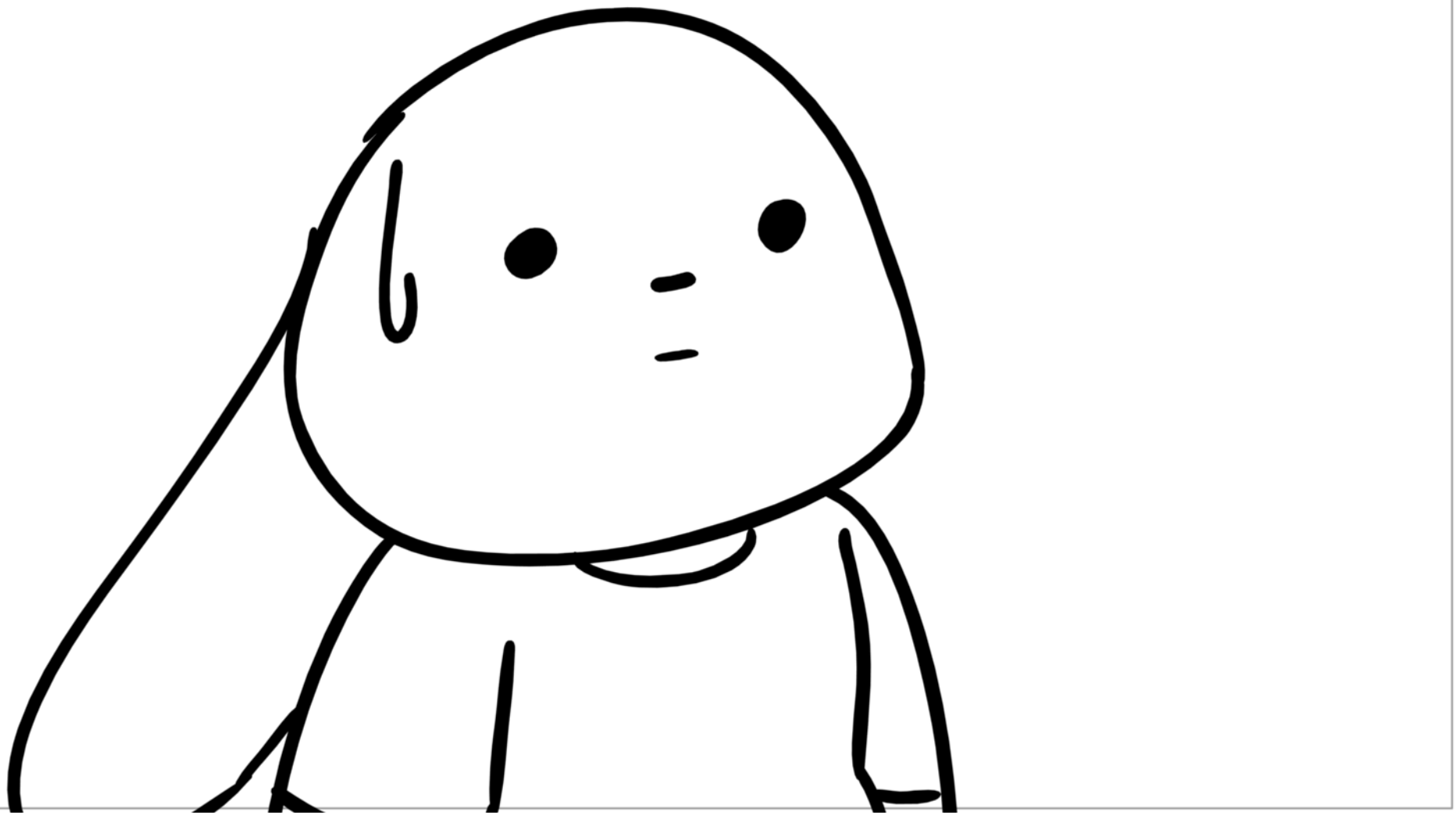
Dialog
Gabriel (VO): That was the warmup?

Scene	Duration	Panel	Duration
3	23:00	8	01:00



Dialog
Scott: -let's go over the WOD!

Scene	Duration	Panel	Duration
3	23:00	9	01:00

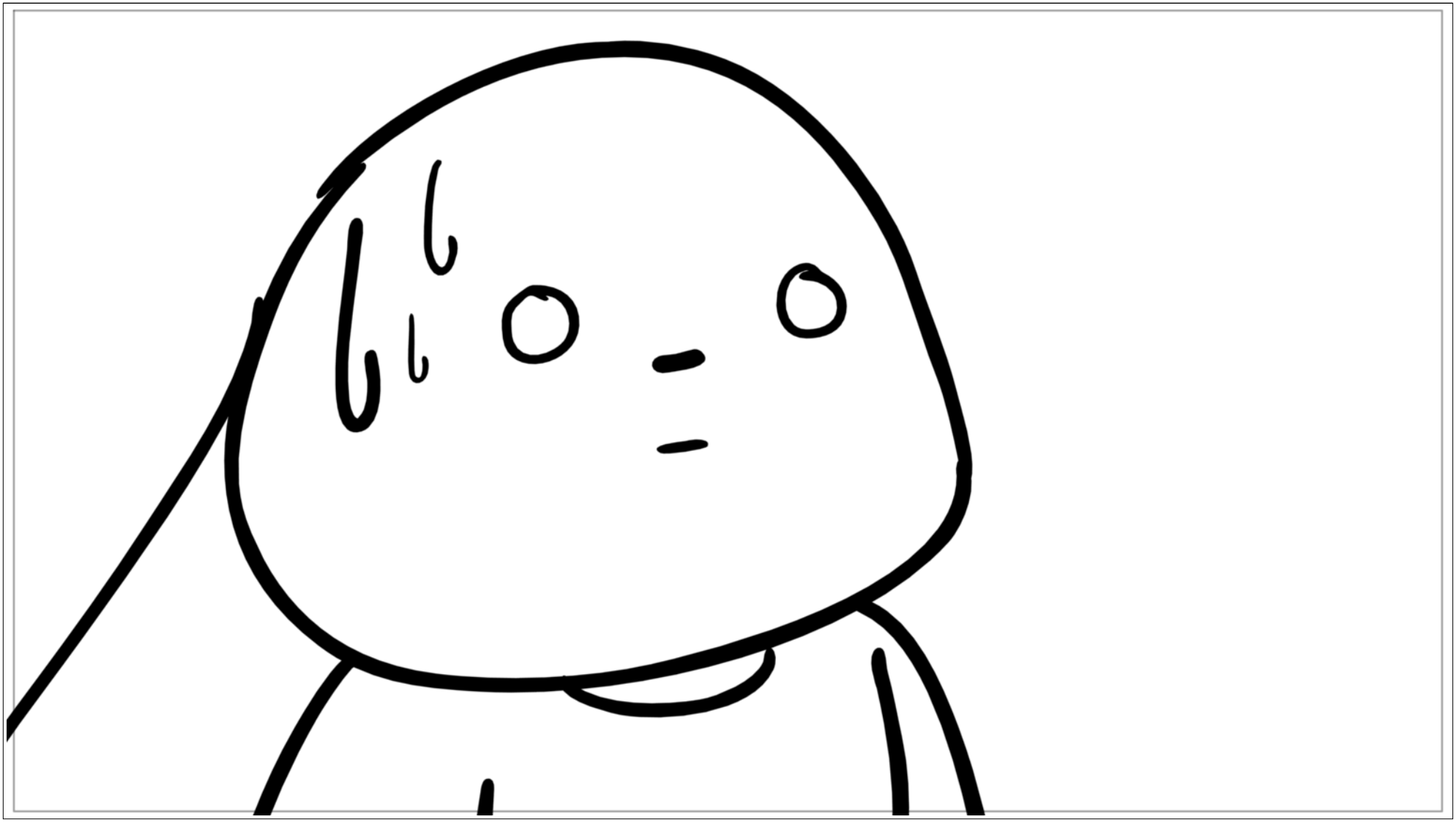


Dialog
Gabriel (VO): What's a WOD?

Scene	Duration	Panel	Duration
3	23:00	10	01:00

Dialog
Scott: At a light weight of 65 pounds-

Scene	Duration	Panel	Duration
3	23:00	11	01:00



Dialog
Gabriel (VO): That's LIGHT!?

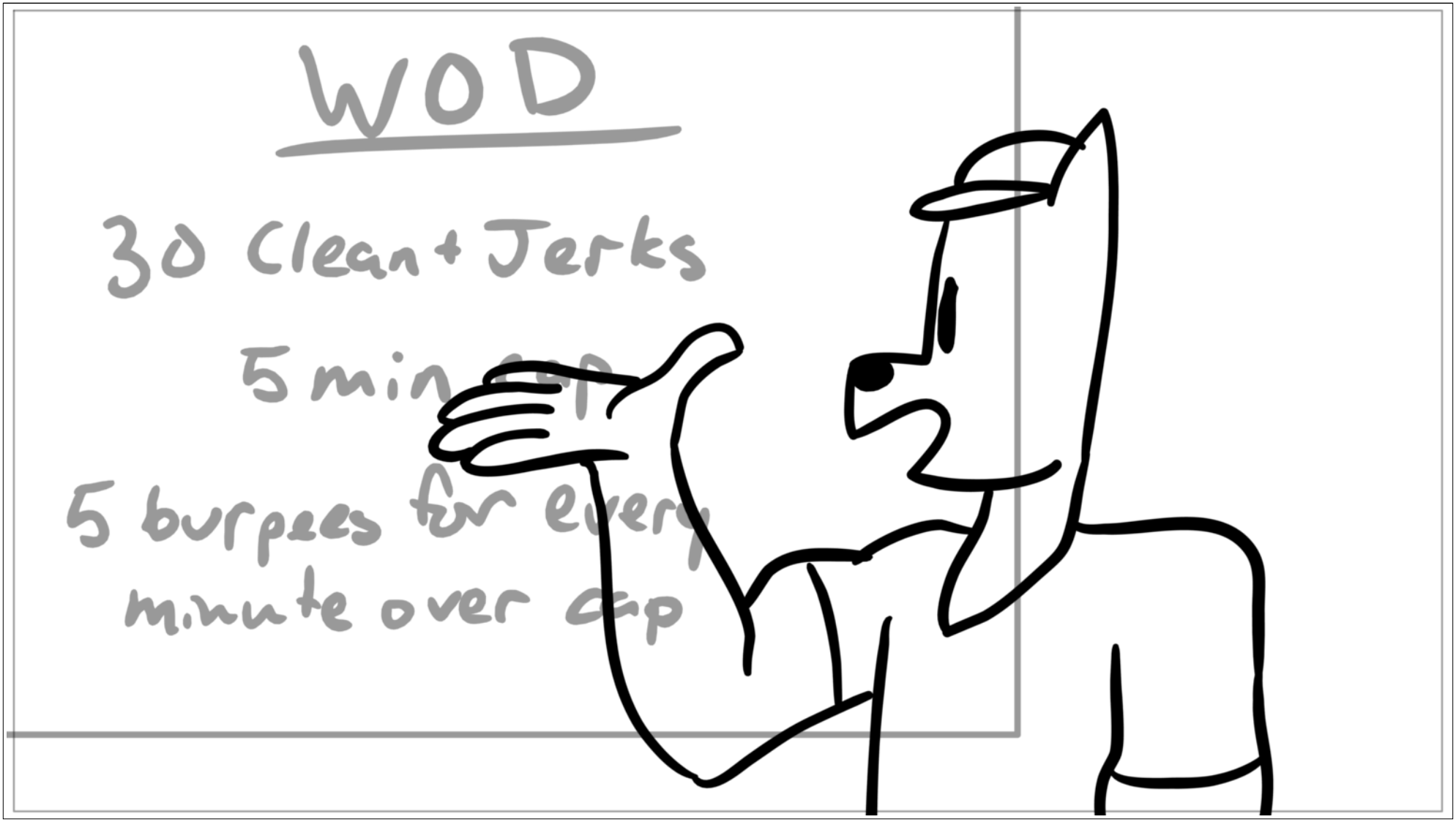
Scene	Duration	Panel	Duration
3	23:00	12	01:00

Dialog
Scott: -we're gonna do

Scene	Duration	Panel	Duration
3	23:00	13	01:00

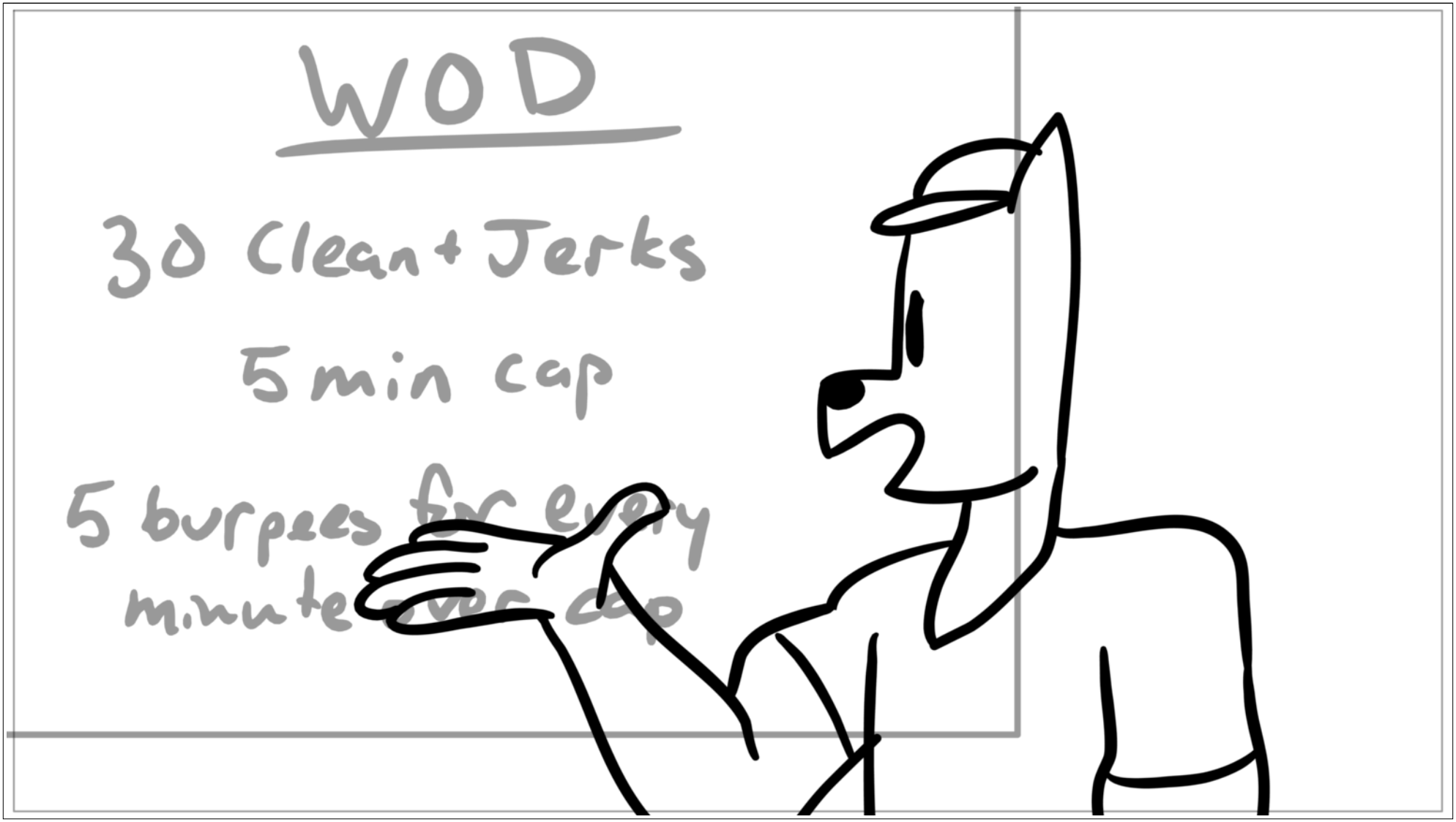
Dialog
Scott: -we're gonna do

Scene	Duration	Panel	Duration
3	23:00	14	01:00



Dialog
Scott: 30 clean and jerks

Scene	Duration	Panel	Duration
3	23:00	15	01:00

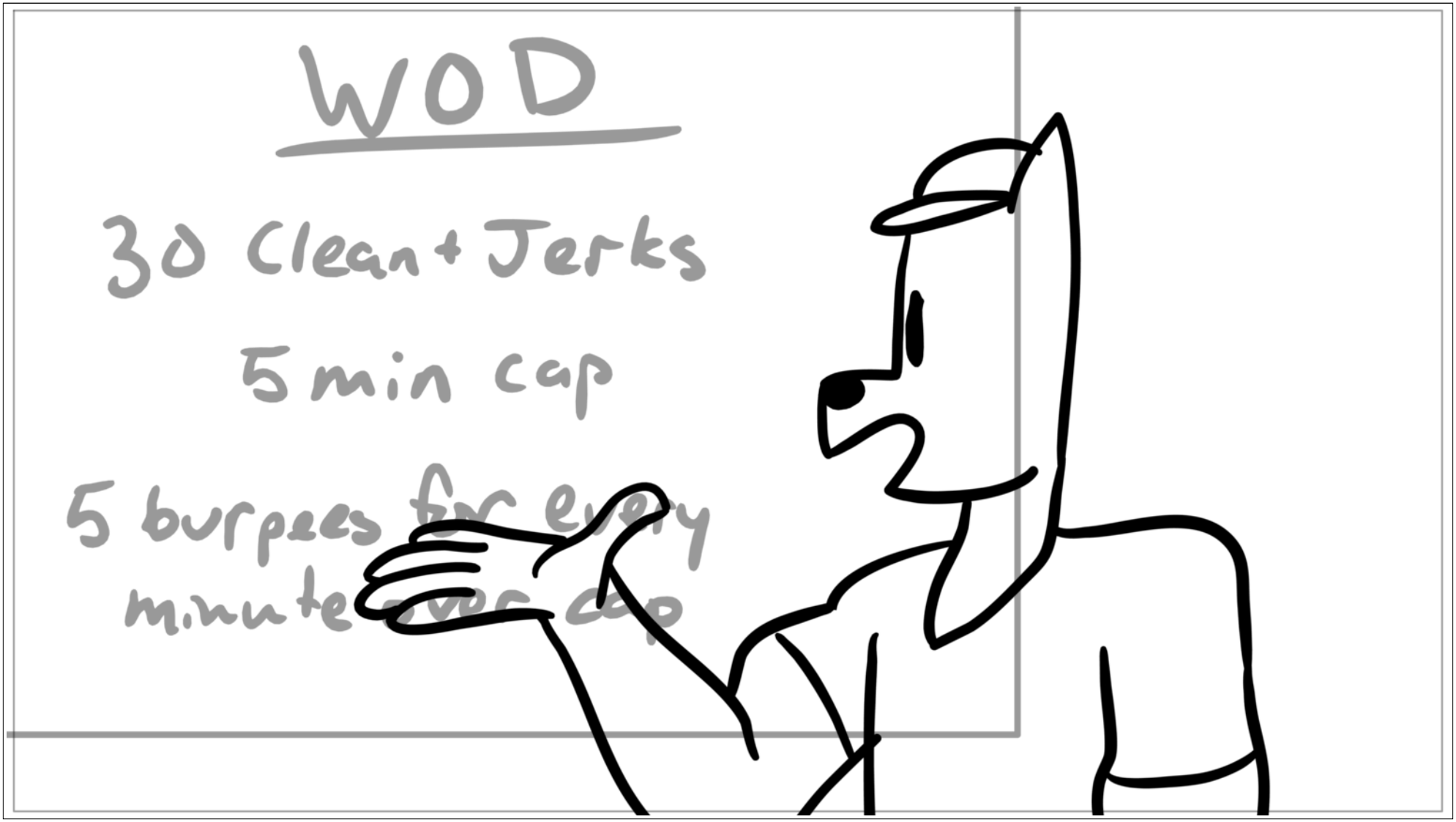


Dialog
Scott: at a five minute cap.

Scene	Duration	Panel	Duration
3	23:00	16	01:00

Dialog
Gabriel (VO): That's.... a LOT

Scene	Duration	Panel	Duration
3	23:00	17	01:00

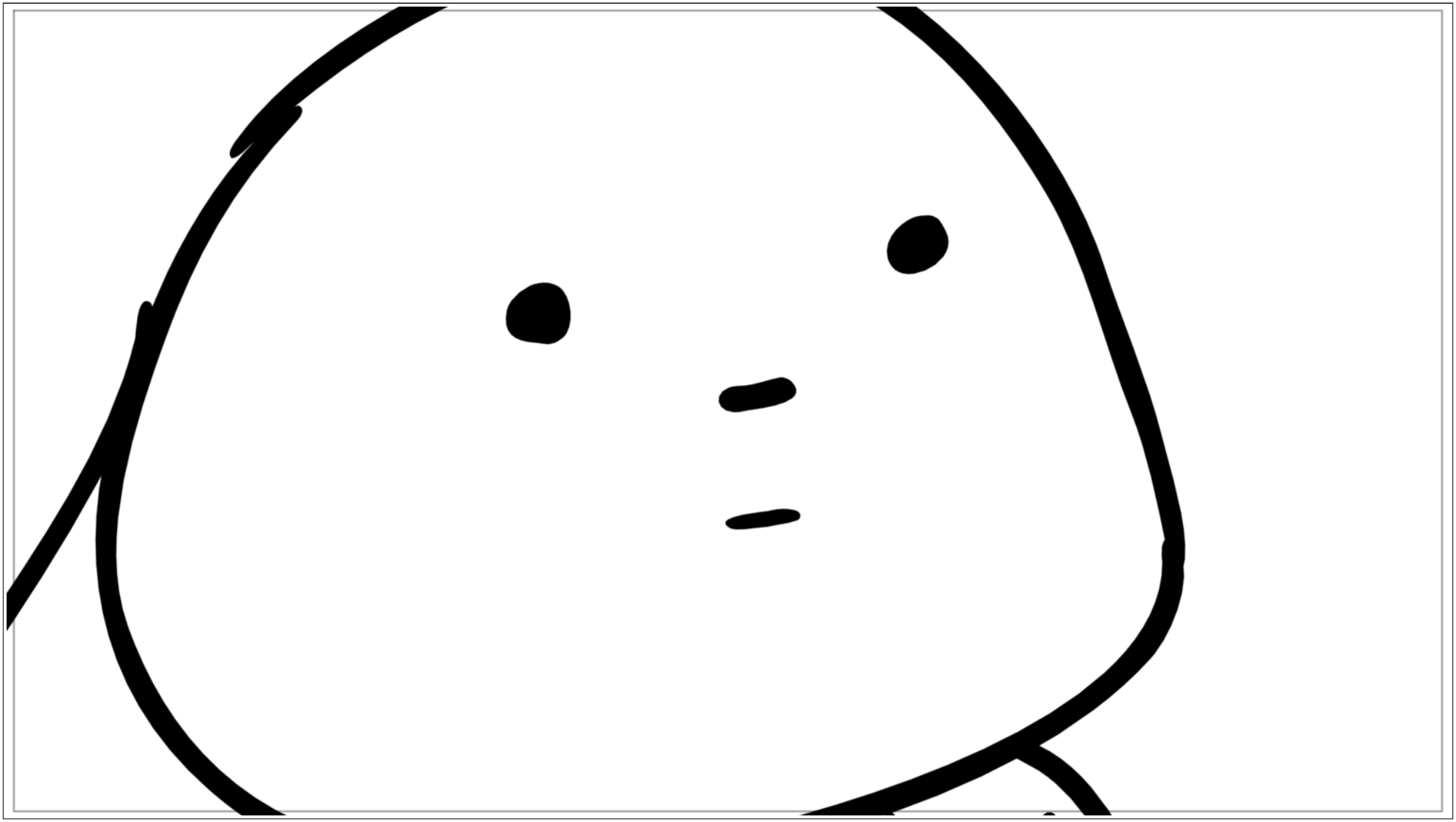


Dialog
Scott: And for every minute you go over the cap

Scene	Duration	Panel	Duration
3	23:00	18	01:00

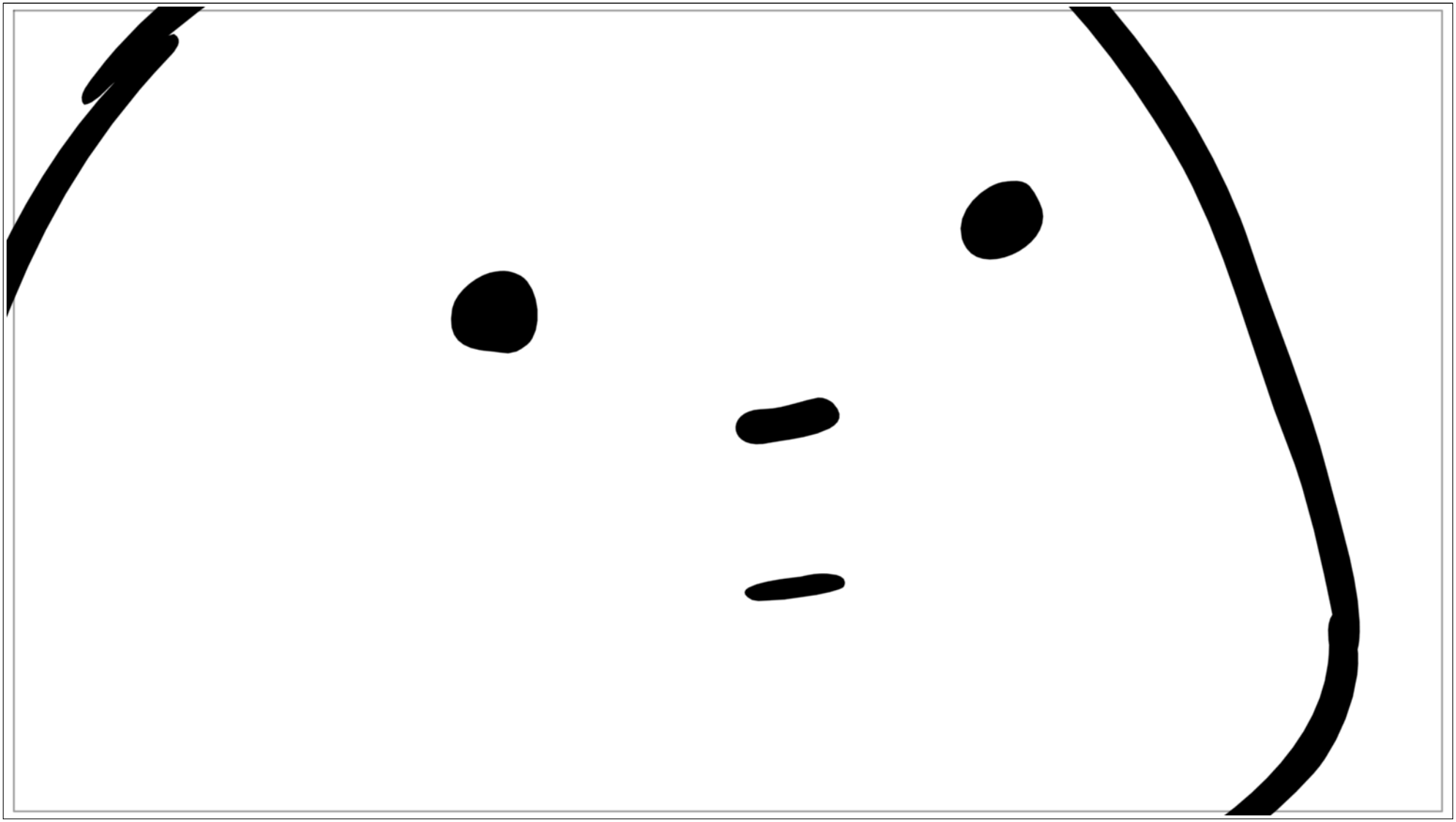
Dialog
Scott: you'll do five burpees!

Scene	Duration	Panel	Duration
3	23:00	19	01:00



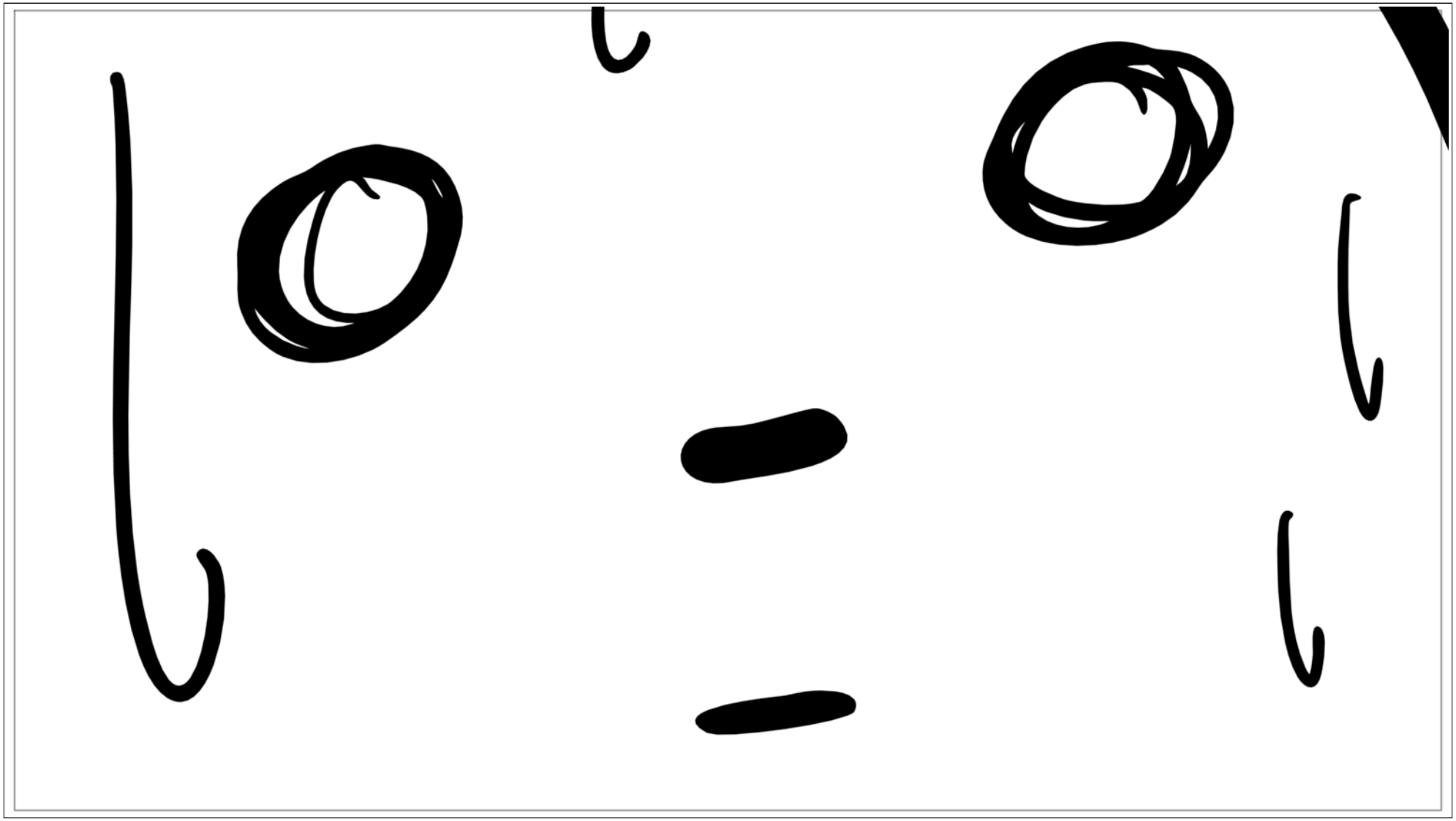
Dialog
Gabriel: What's a burpee?

Scene	Duration	Panel	Duration
3	23:00	20	01:00



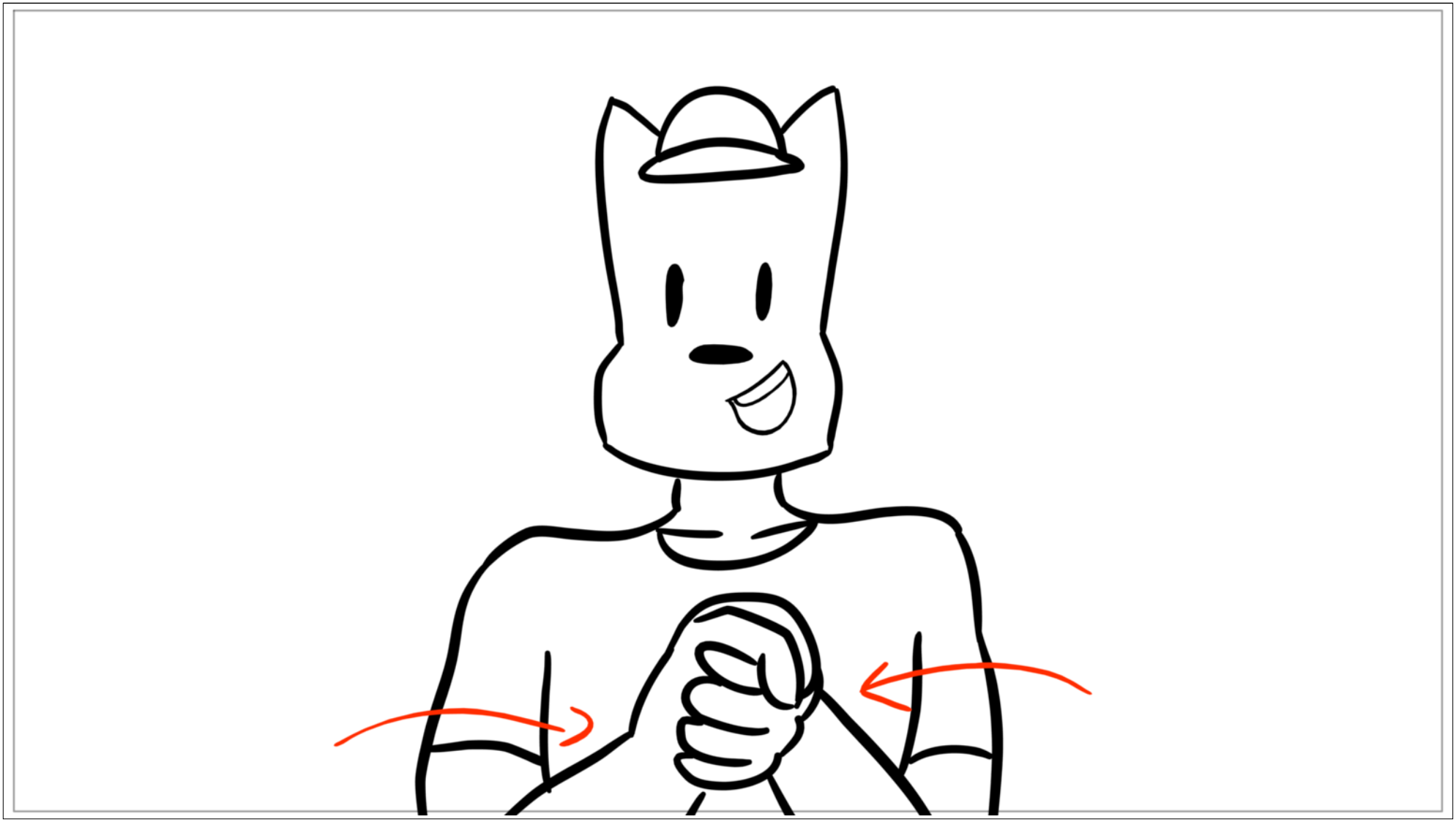
Dialog
Gabriel: WHAT'S A BURPEE!?

Scene	Duration	Panel	Duration
3	23:00	21	01:00



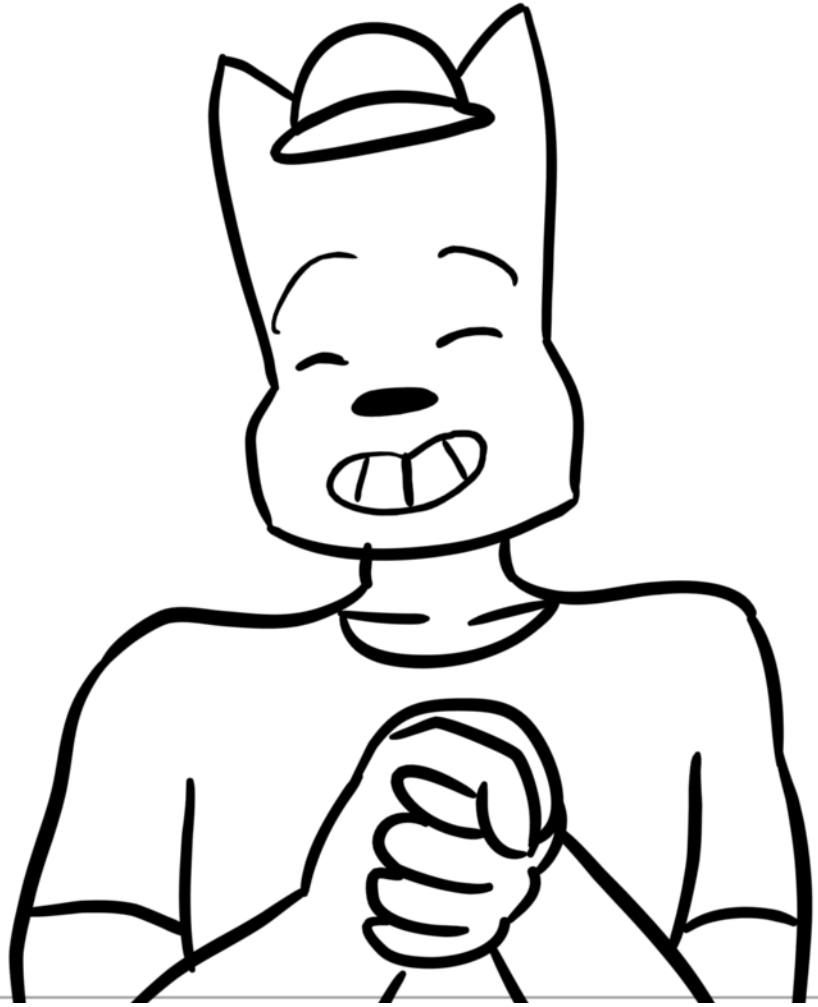
Dialog
Gabriel: I DON'T KNOW WHAT A BURPEE IS BUT I DON'T WANT TO DO THEM

Scene	Duration	Panel	Duration
3	23:00	22	01:00



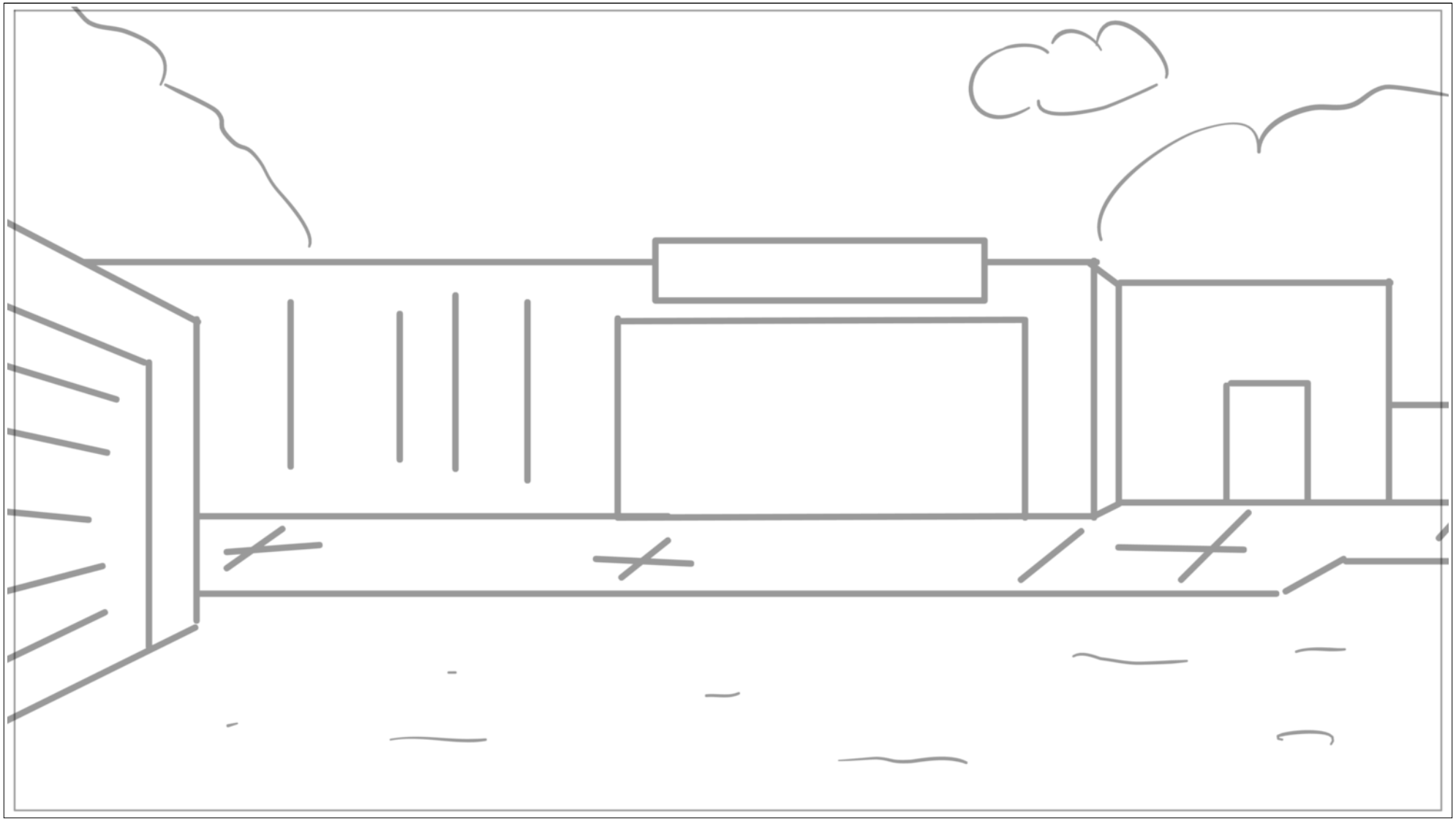
Dialog
Scott: Alright everyone!

Scene	Duration	Panel	Duration
3	23:00	23	01:00



Dialog
Scott: Let's get started!

Scene	Duration	Panel	Duration
4	27:00	1	01:00



Scene	Duration	Panel	Duration
4	27:00	2	01:00

Scene	Duration	Panel	Duration
4	27:00	3	01:00

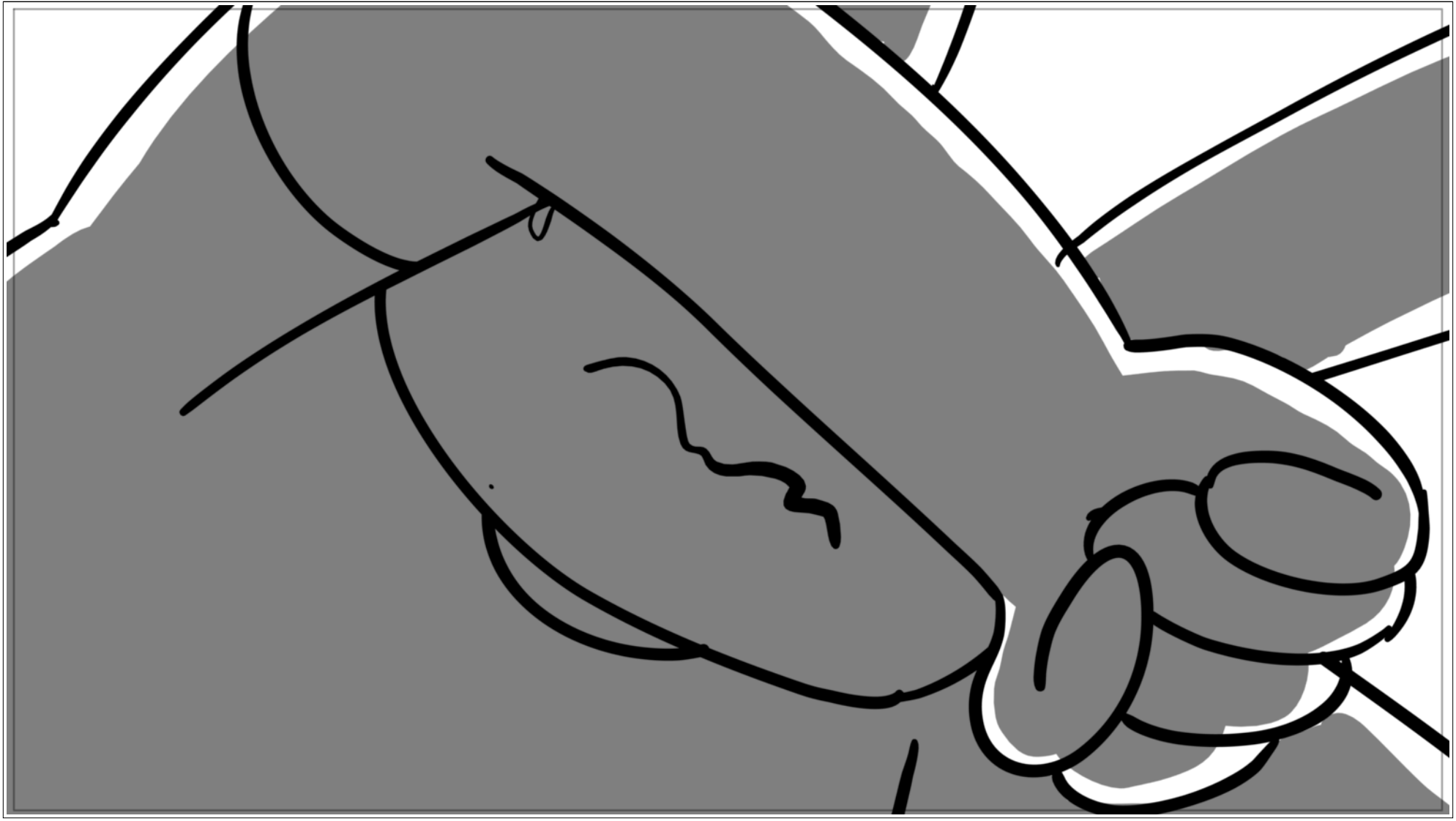
Scene	Duration	Panel	Duration
4	27:00	4	01:00

Scene	Duration	Panel	Duration
4	27:00	5	01:00

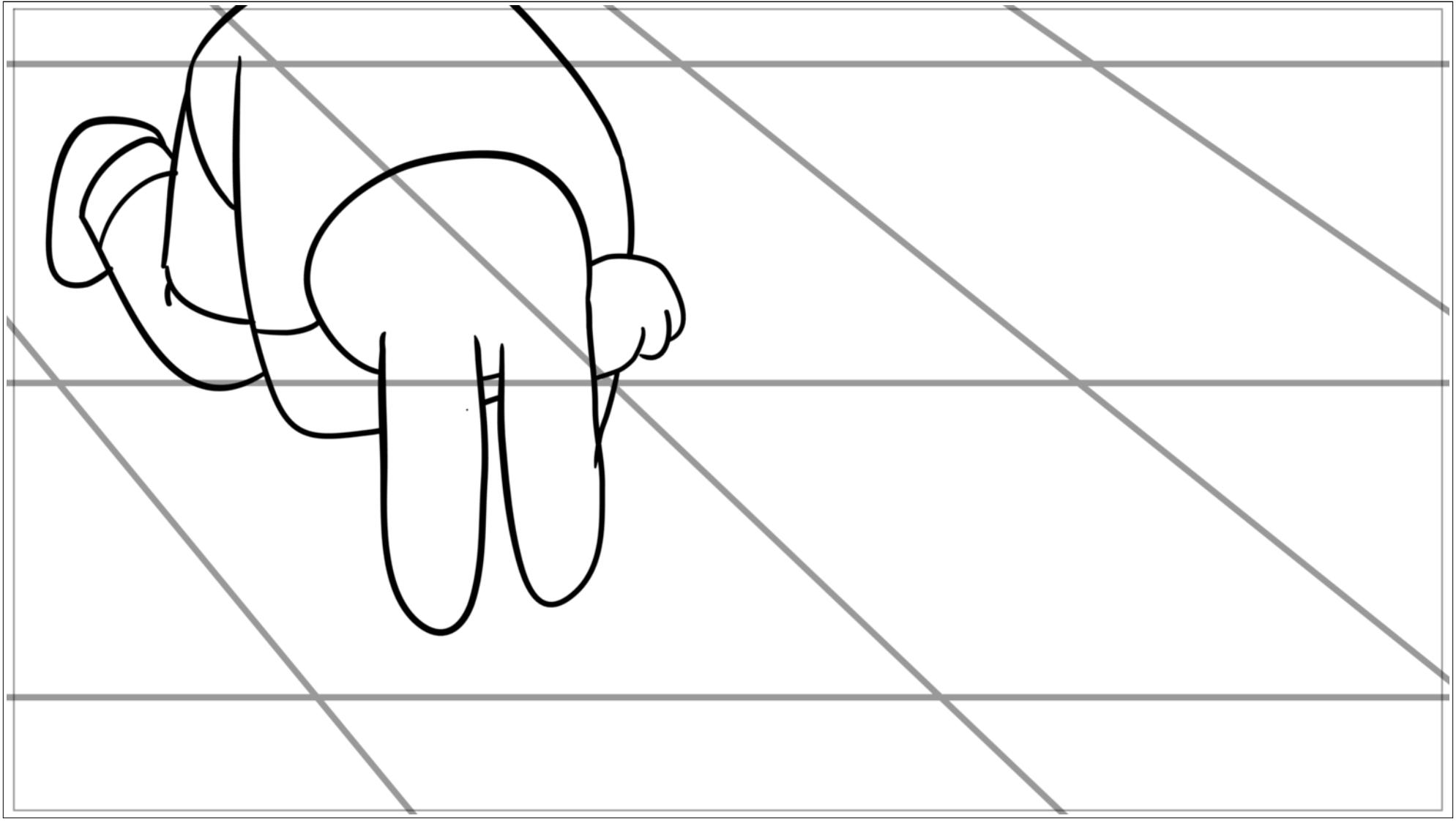
Scene	Duration	Panel	Duration
4	27:00	6	01:00

Scene	Duration	Panel	Duration
4	27:00	7	01:00

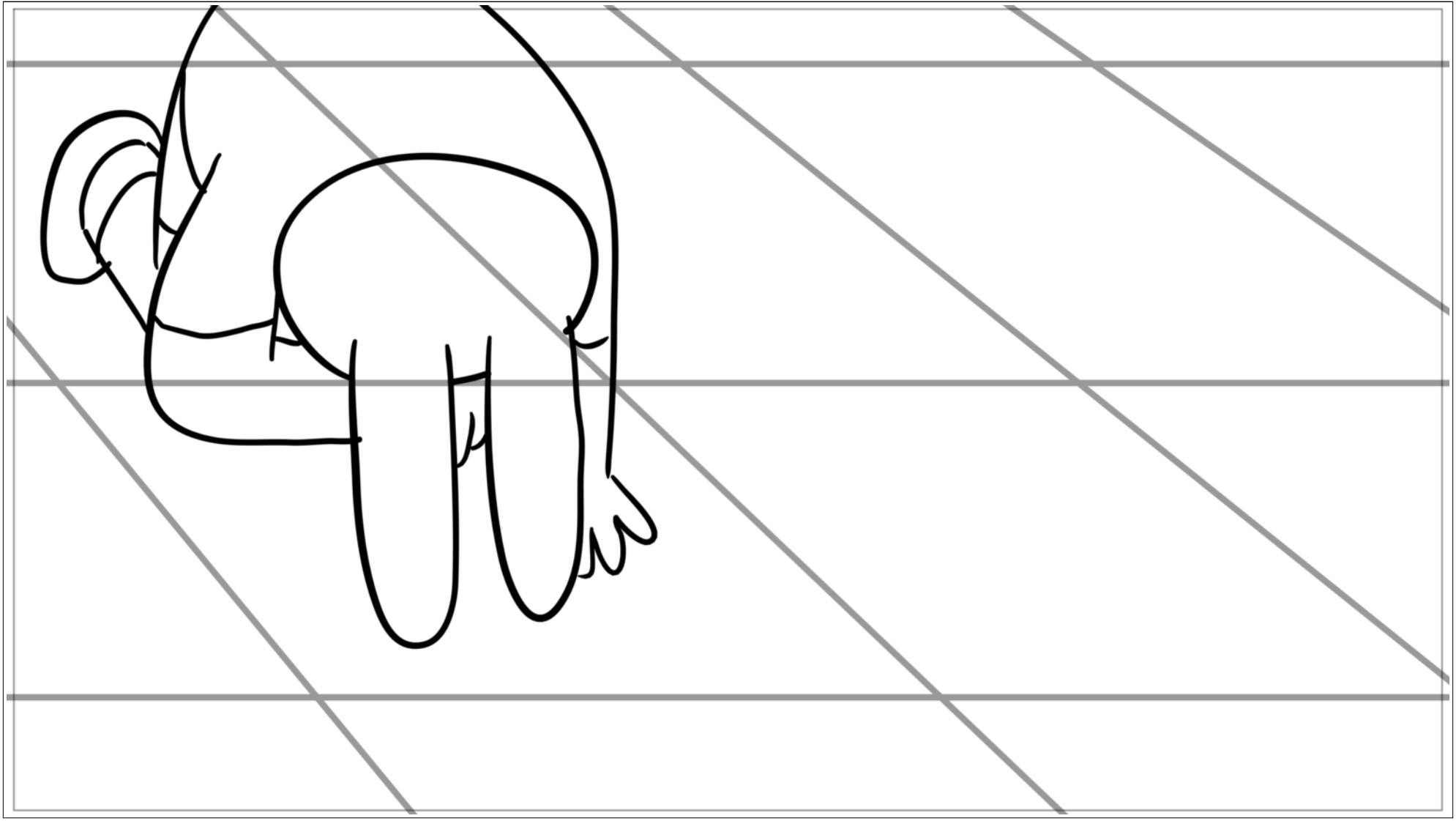
Scene	Duration	Panel	Duration
4	27:00	8	01:00



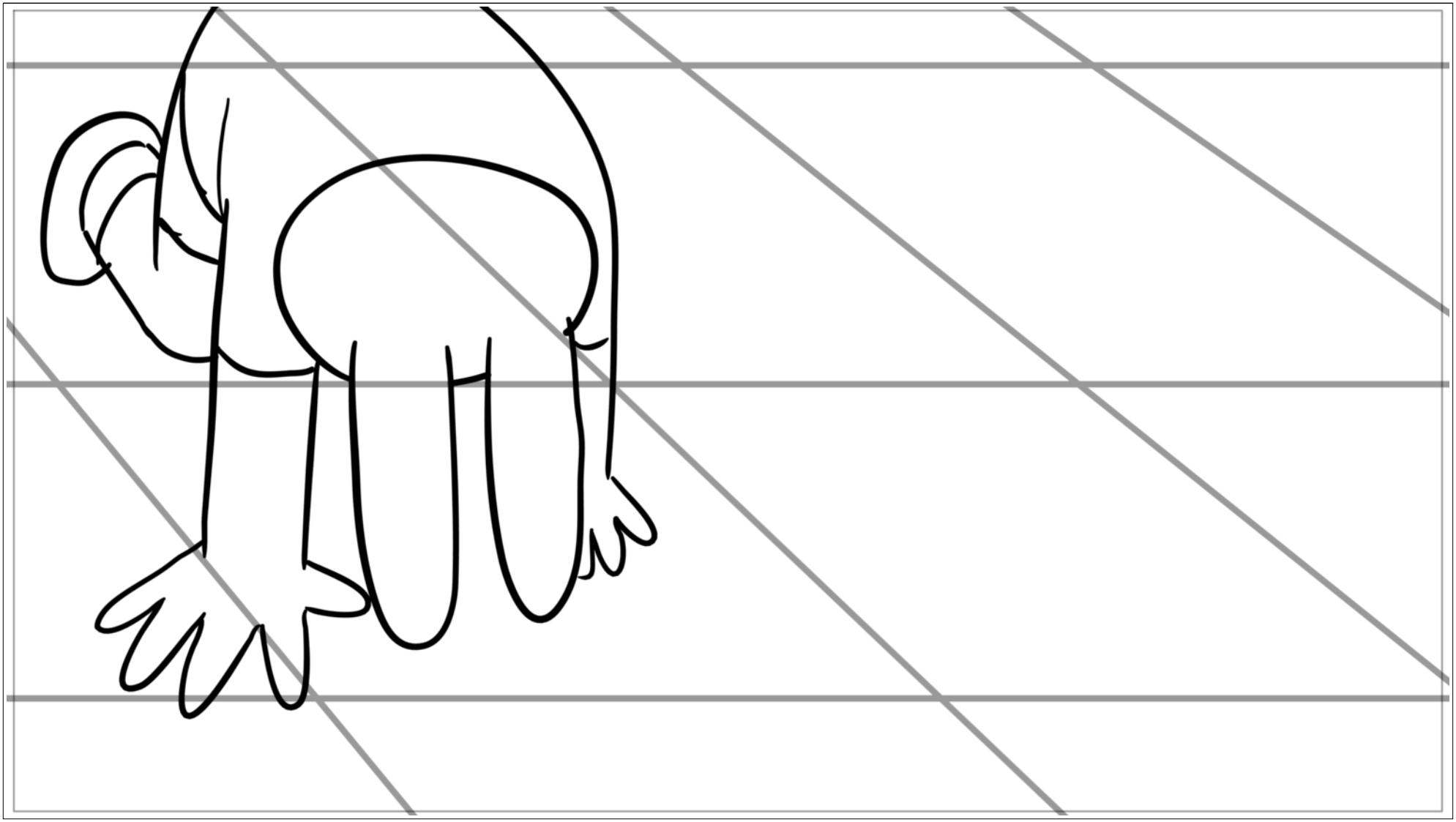
Scene	Duration	Panel	Duration
4	27:00	9	01:00



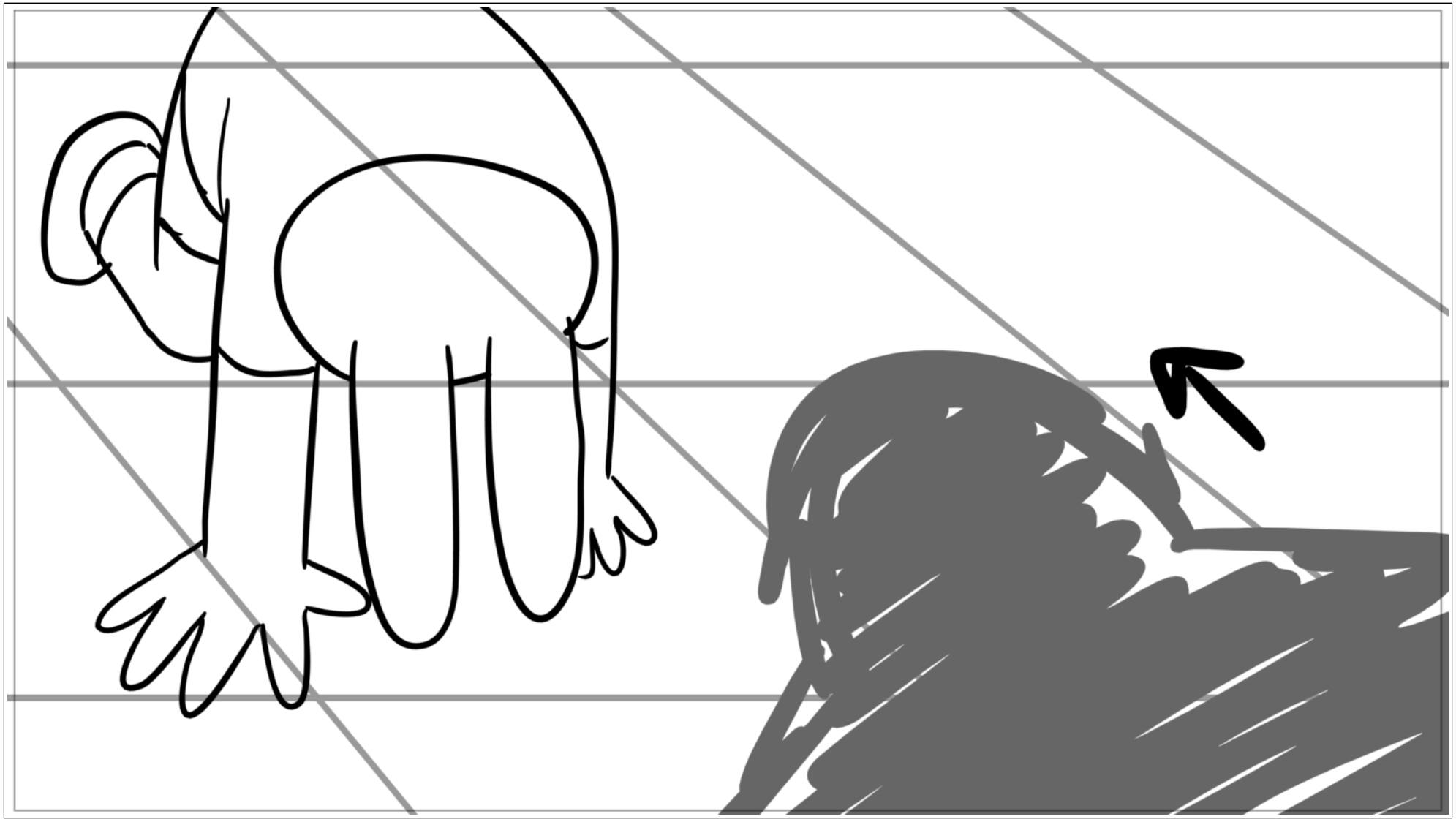
Scene	Duration	Panel	Duration
4	27:00	10	01:00



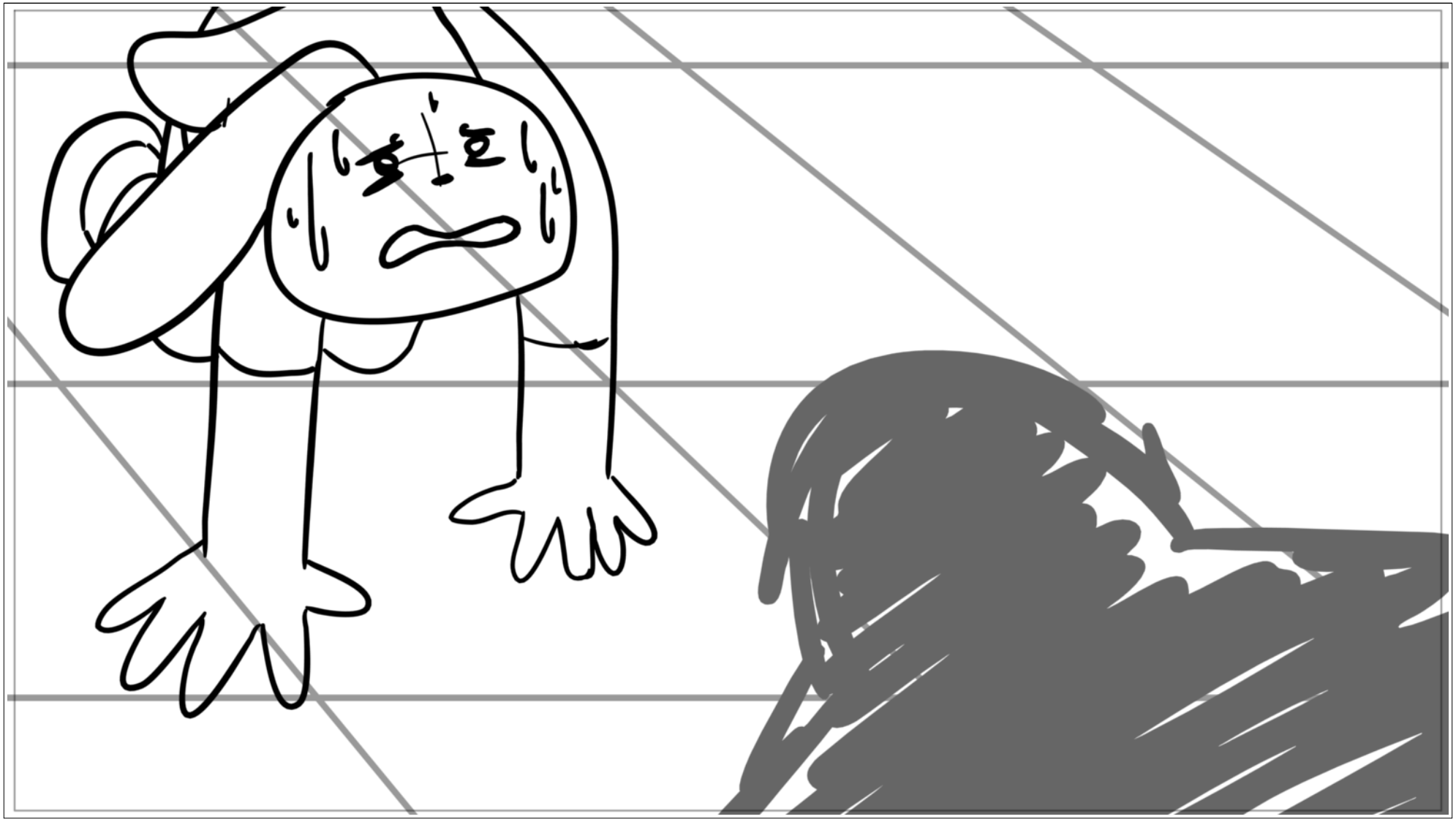
Scene	Duration	Panel	Duration
4	27:00	11	01:00



Scene	Duration	Panel	Duration
4	27:00	12	01:00



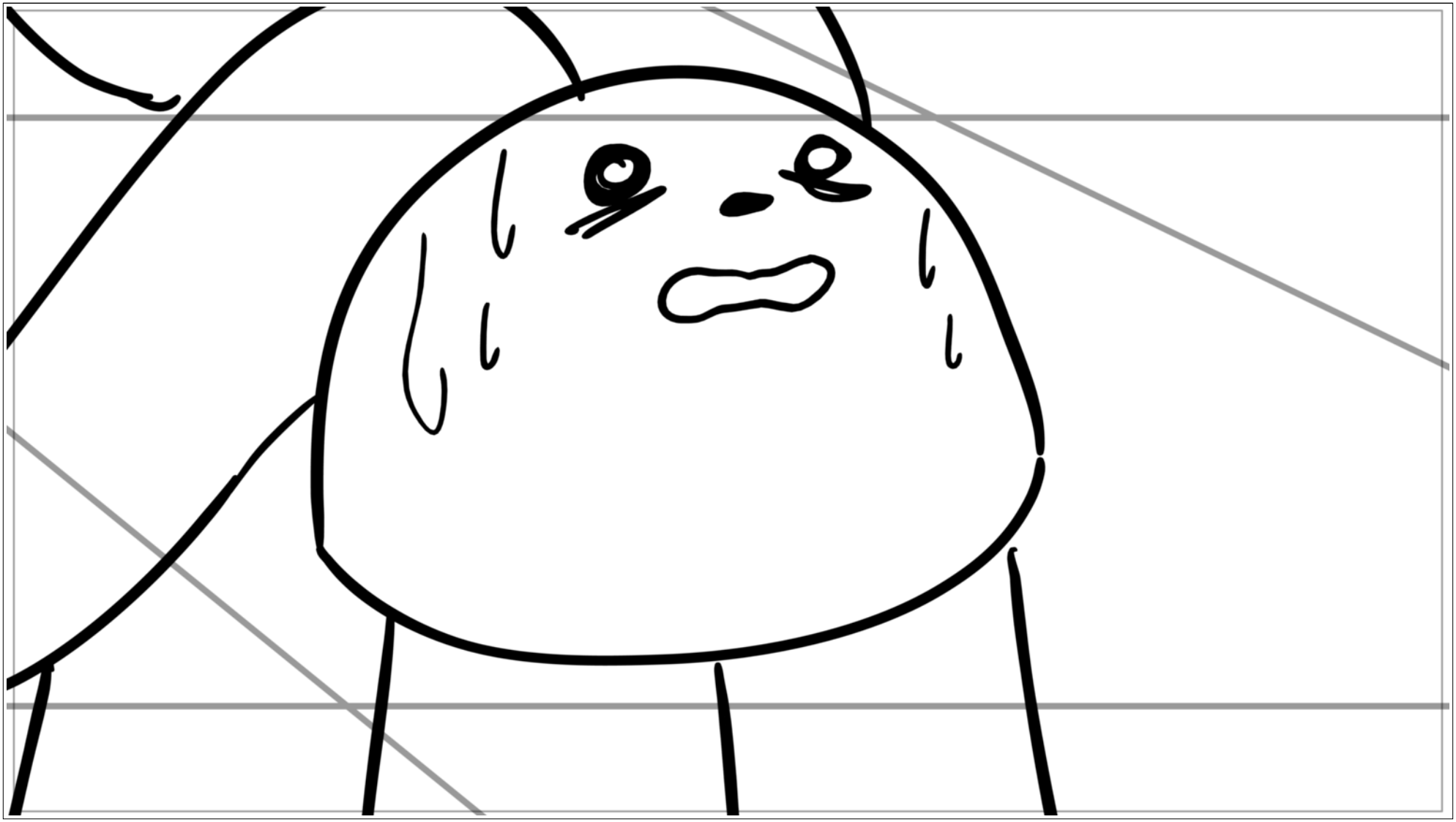
Scene	Duration	Panel	Duration
4	27:00	13	01:00



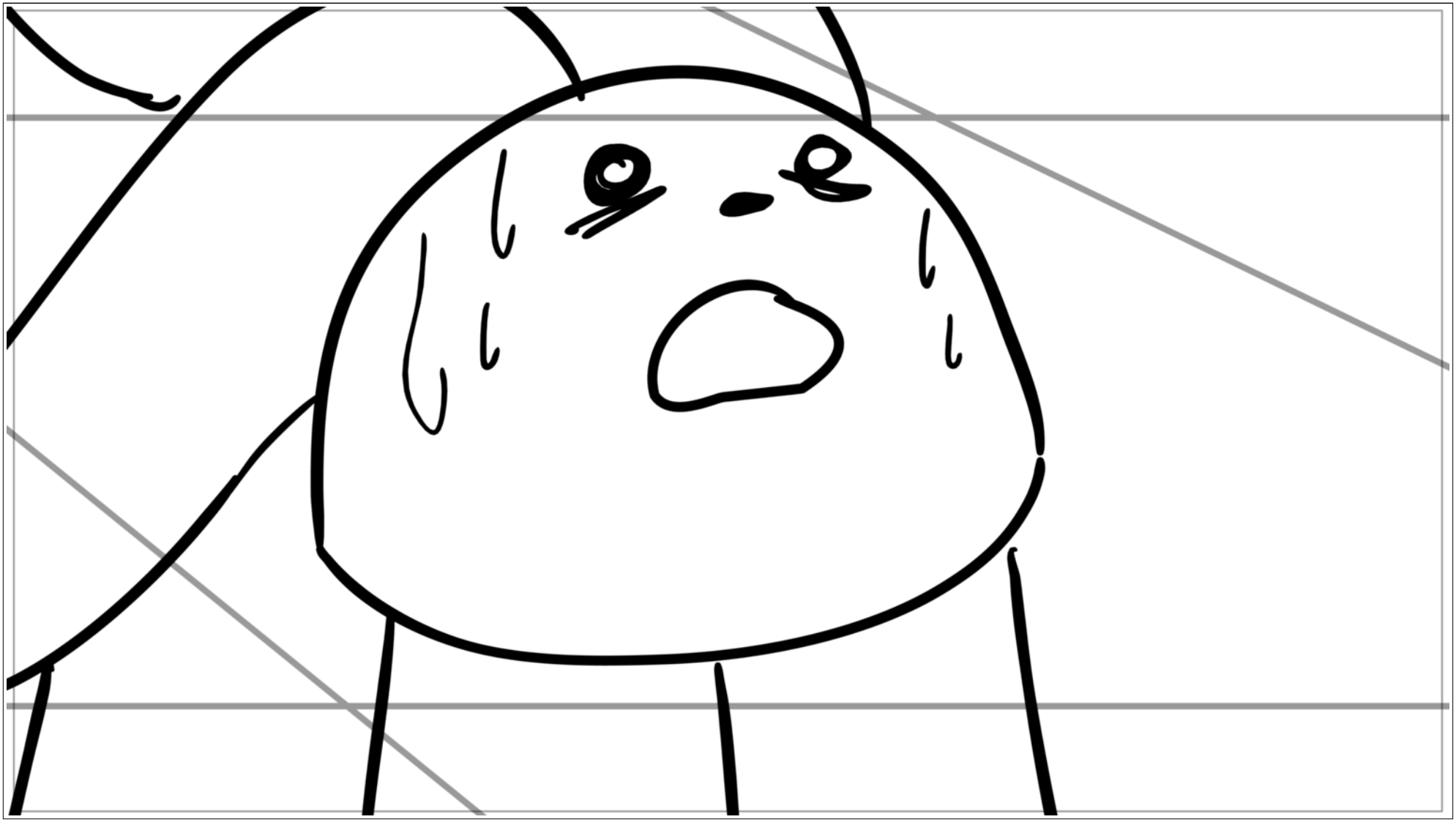
Scene	Duration	Panel	Duration
4	27:00	14	01:00

Dialog
Scott: Good work today

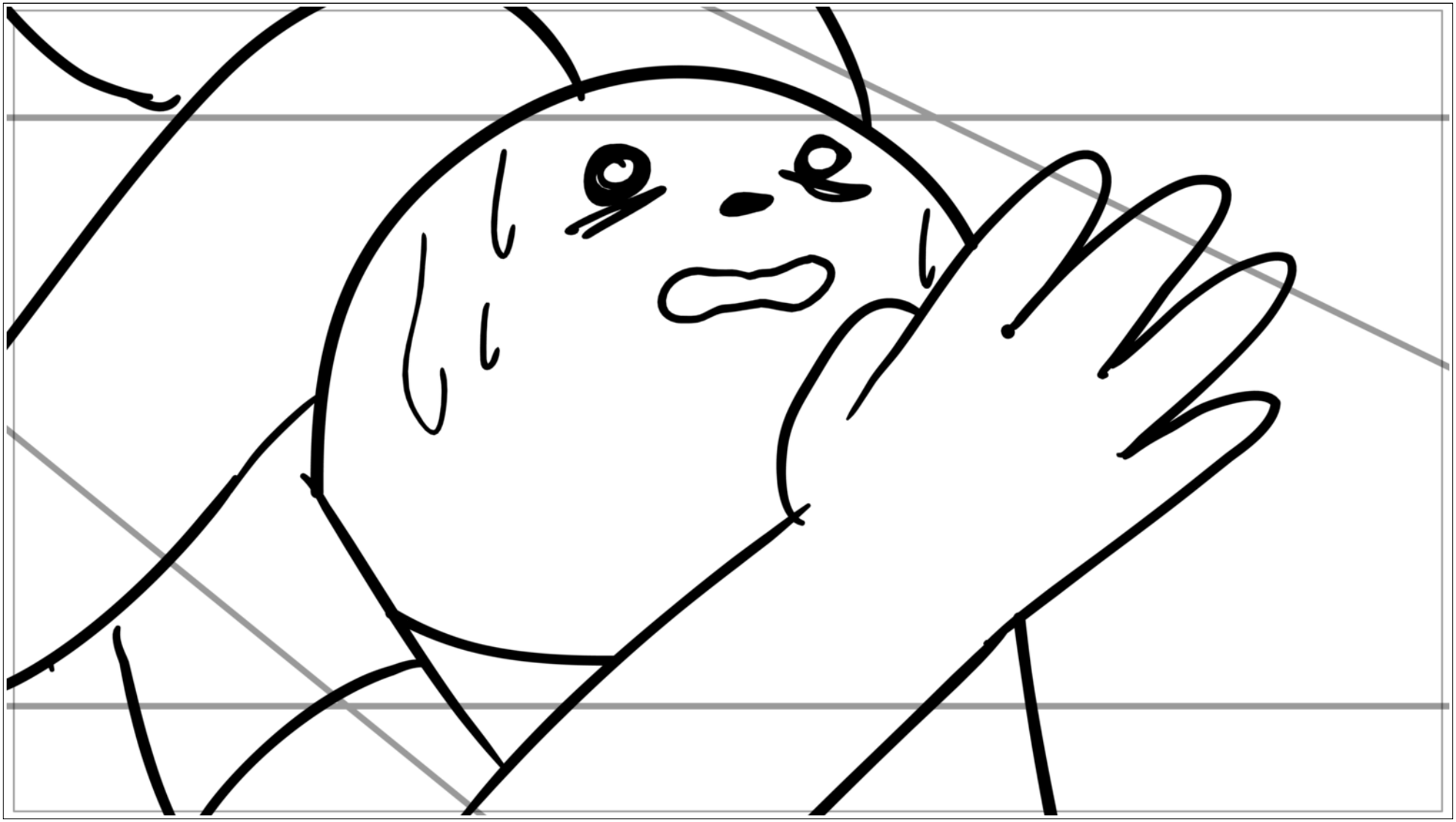
Scene	Duration	Panel	Duration
4	27:00	15	01:00



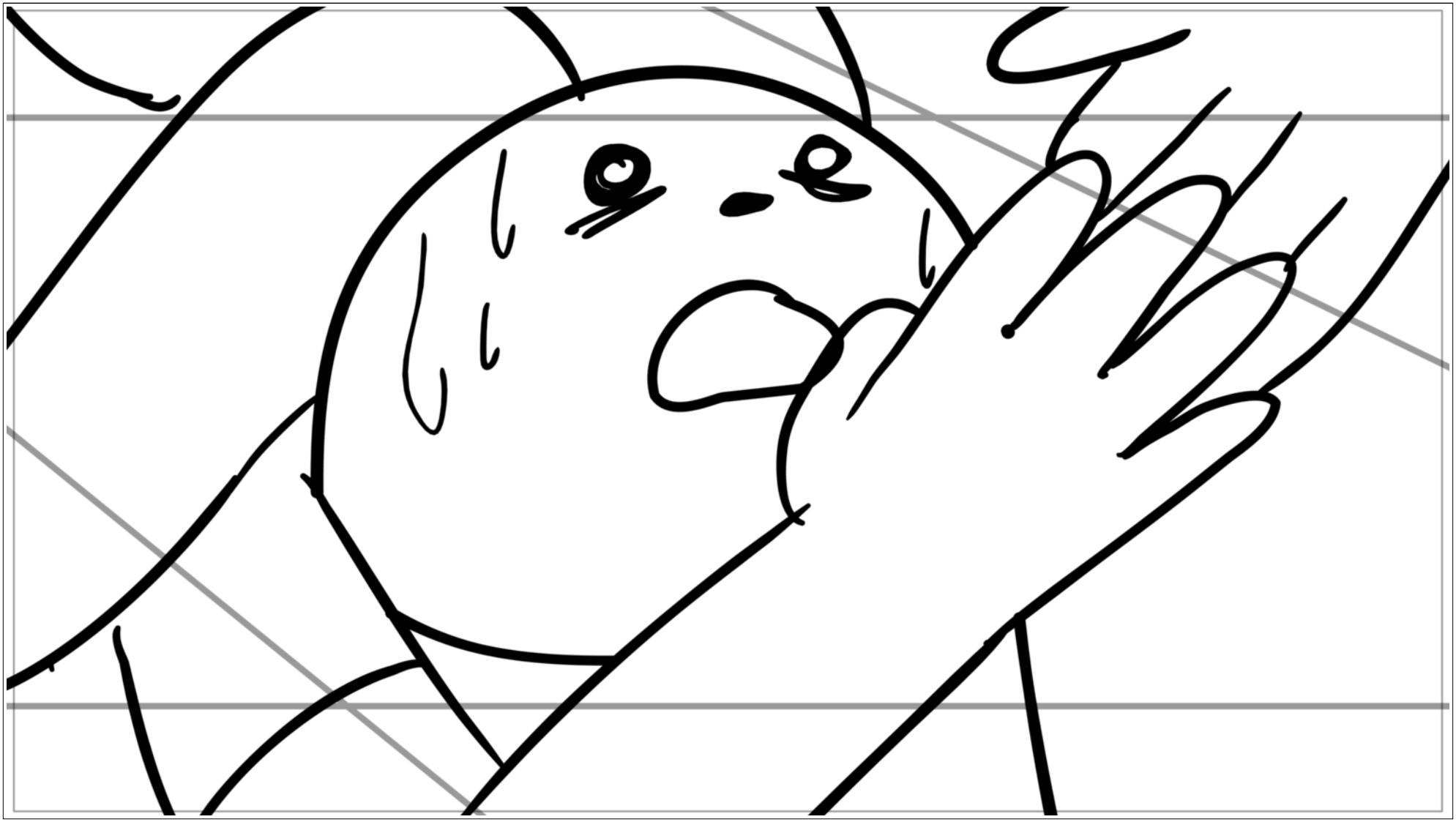
Scene	Duration	Panel	Duration
4	27:00	16	01:00



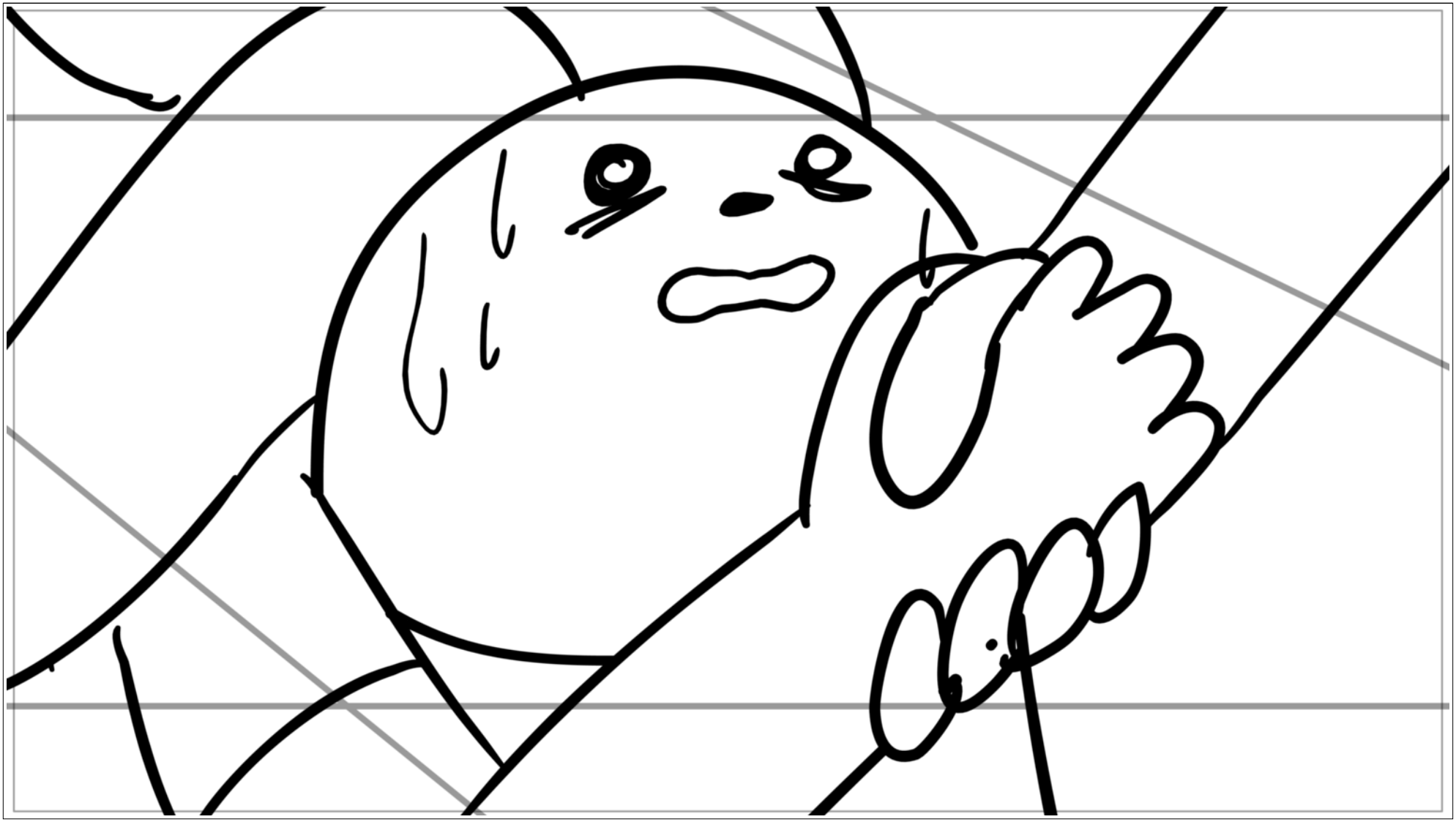
Scene	Duration	Panel	Duration
4	27:00	17	01:00



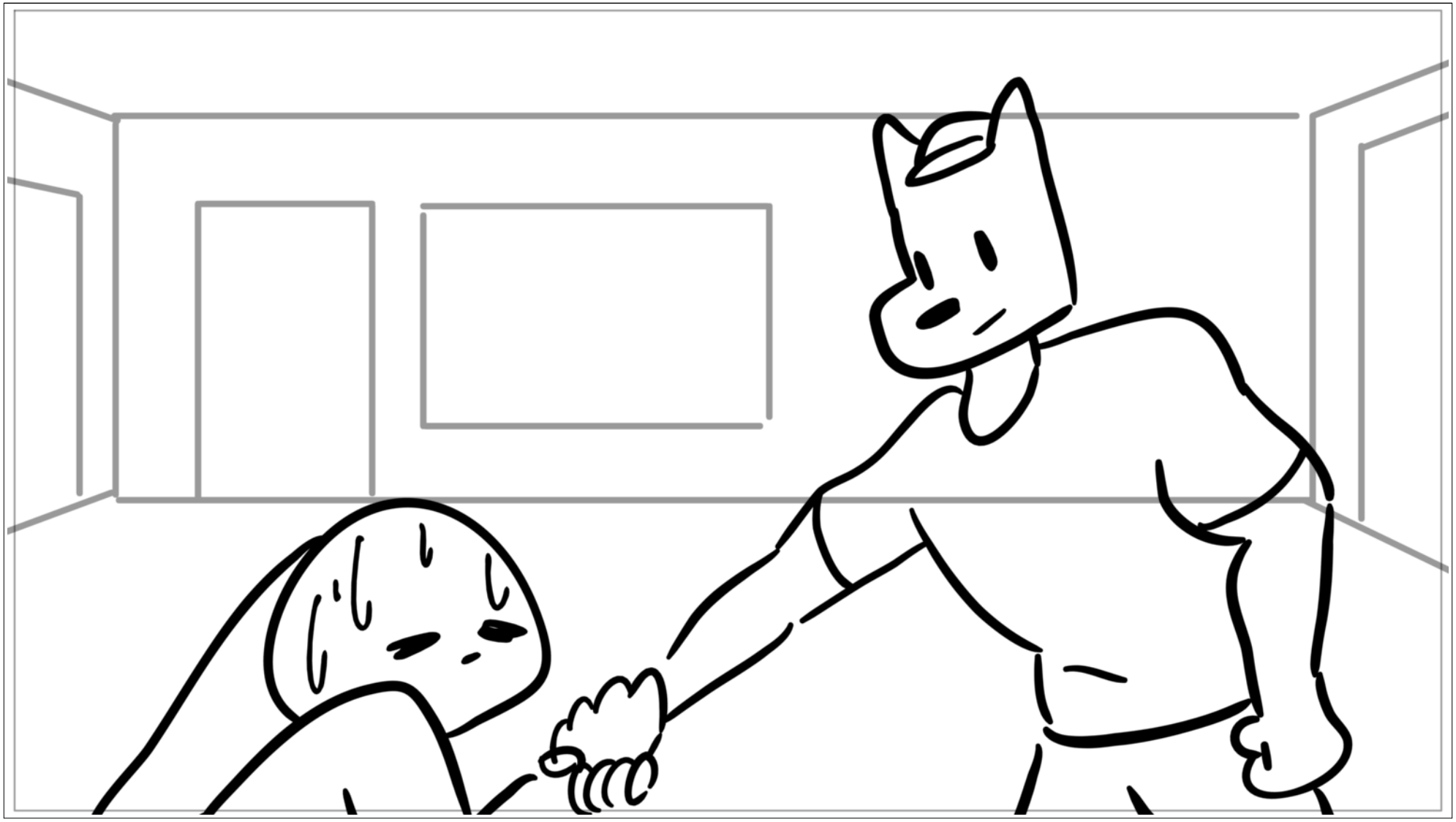
Scene	Duration	Panel	Duration
4	27:00	18	01:00



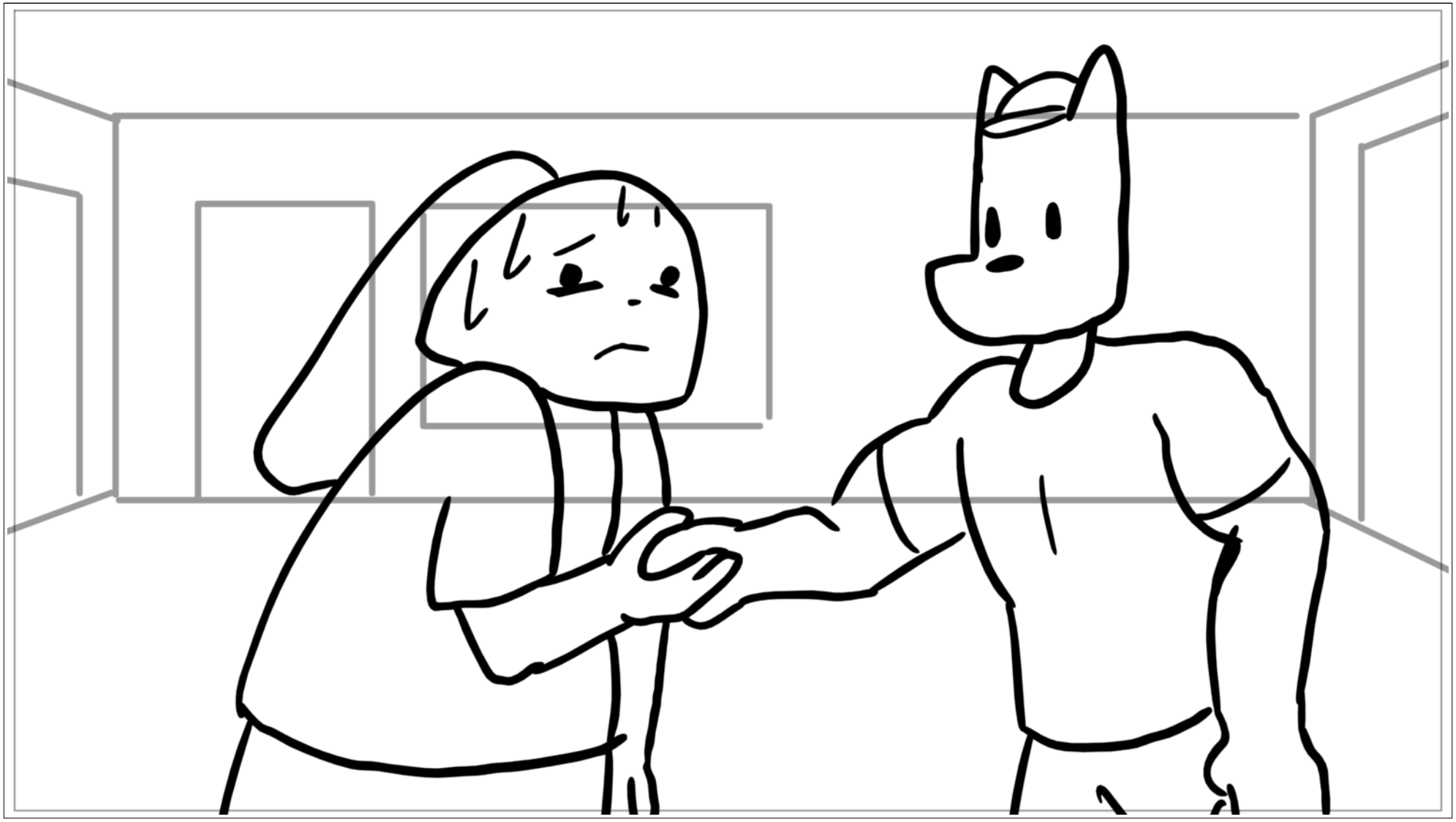
Scene	Duration	Panel	Duration
4	27:00	19	01:00



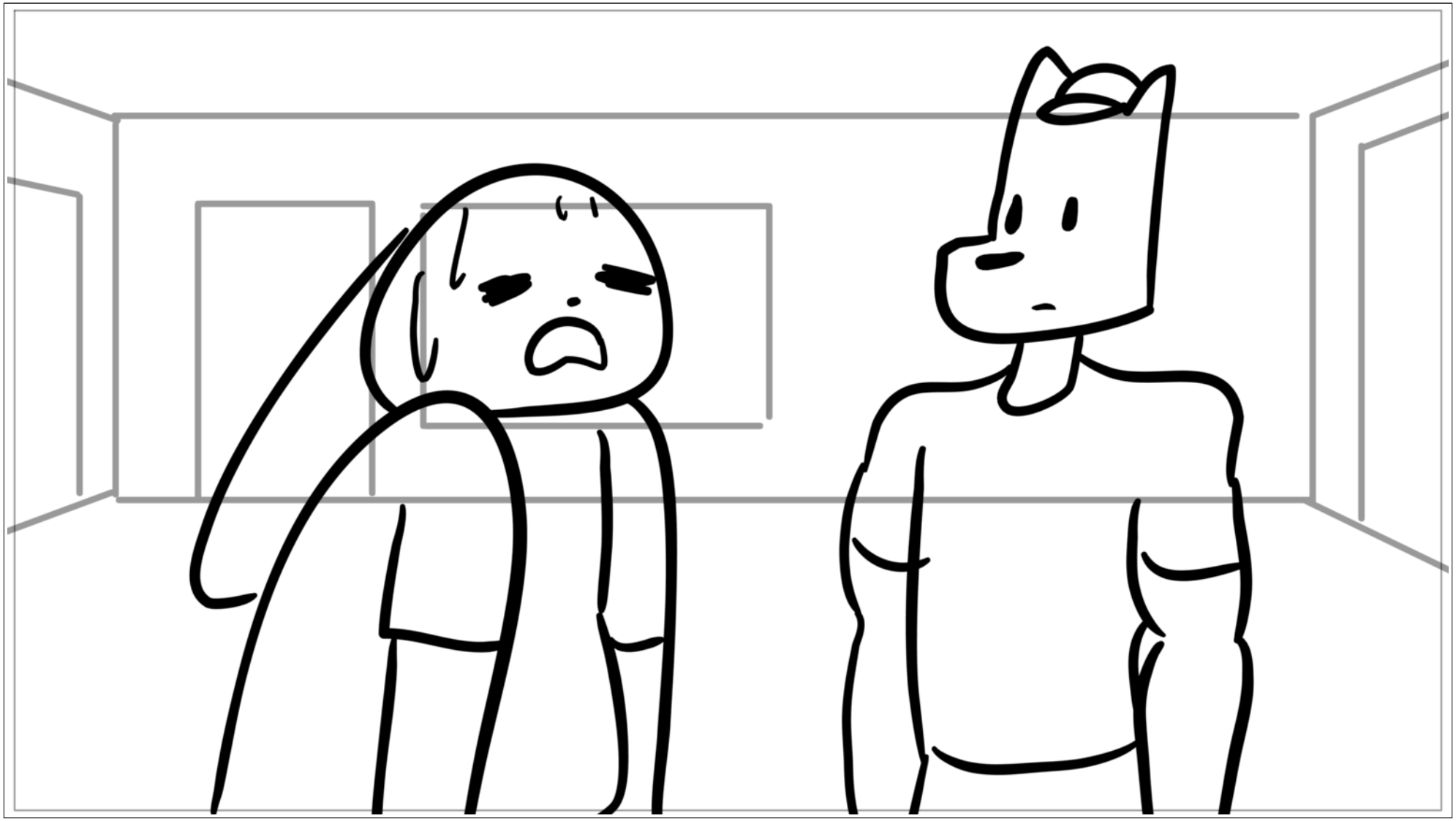
Scene	Duration	Panel	Duration
4	27:00	20	01:00



Scene	Duration	Panel	Duration
4	27:00	21	01:00

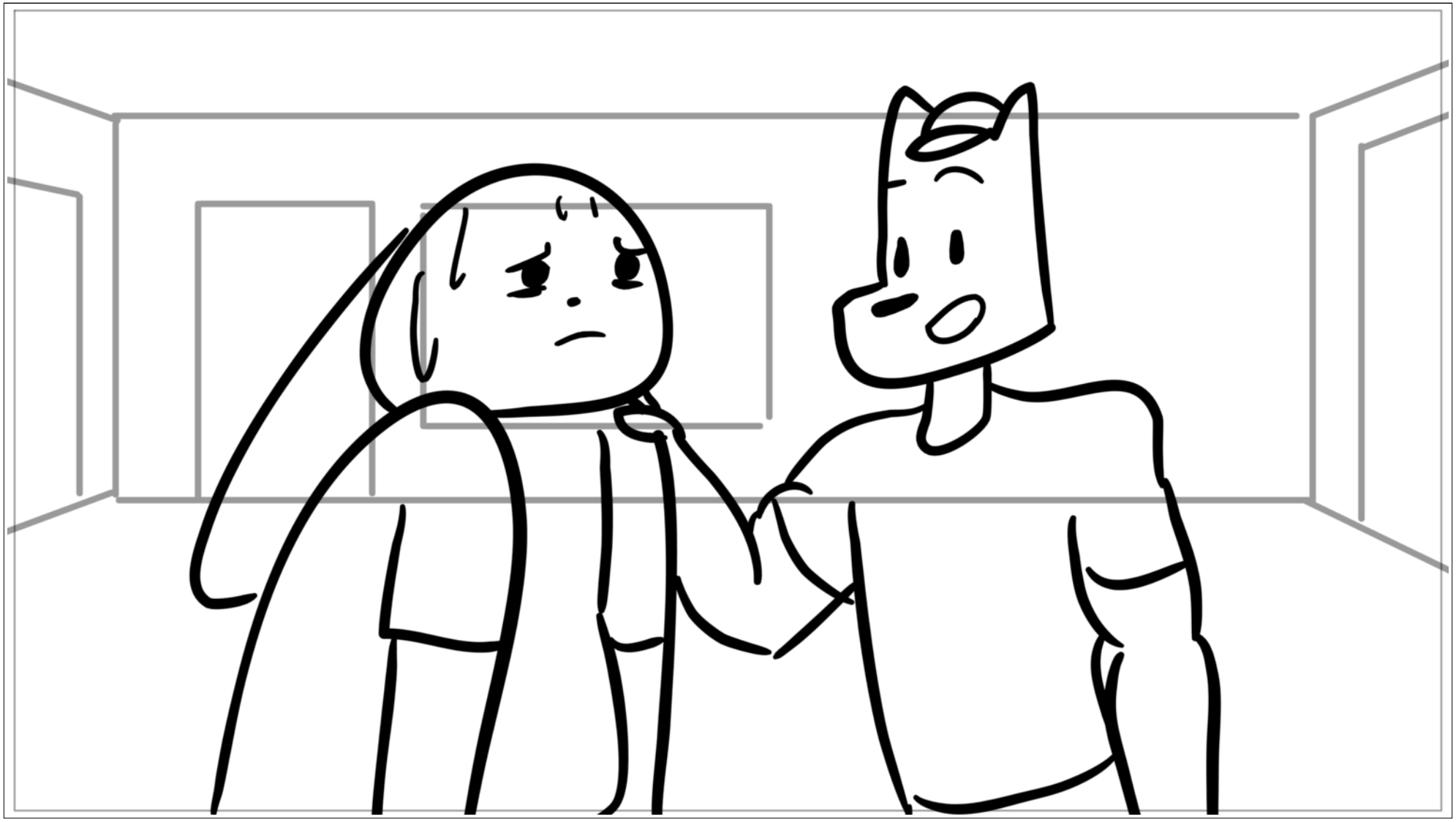


Scene	Duration	Panel	Duration
4	27:00	22	01:00



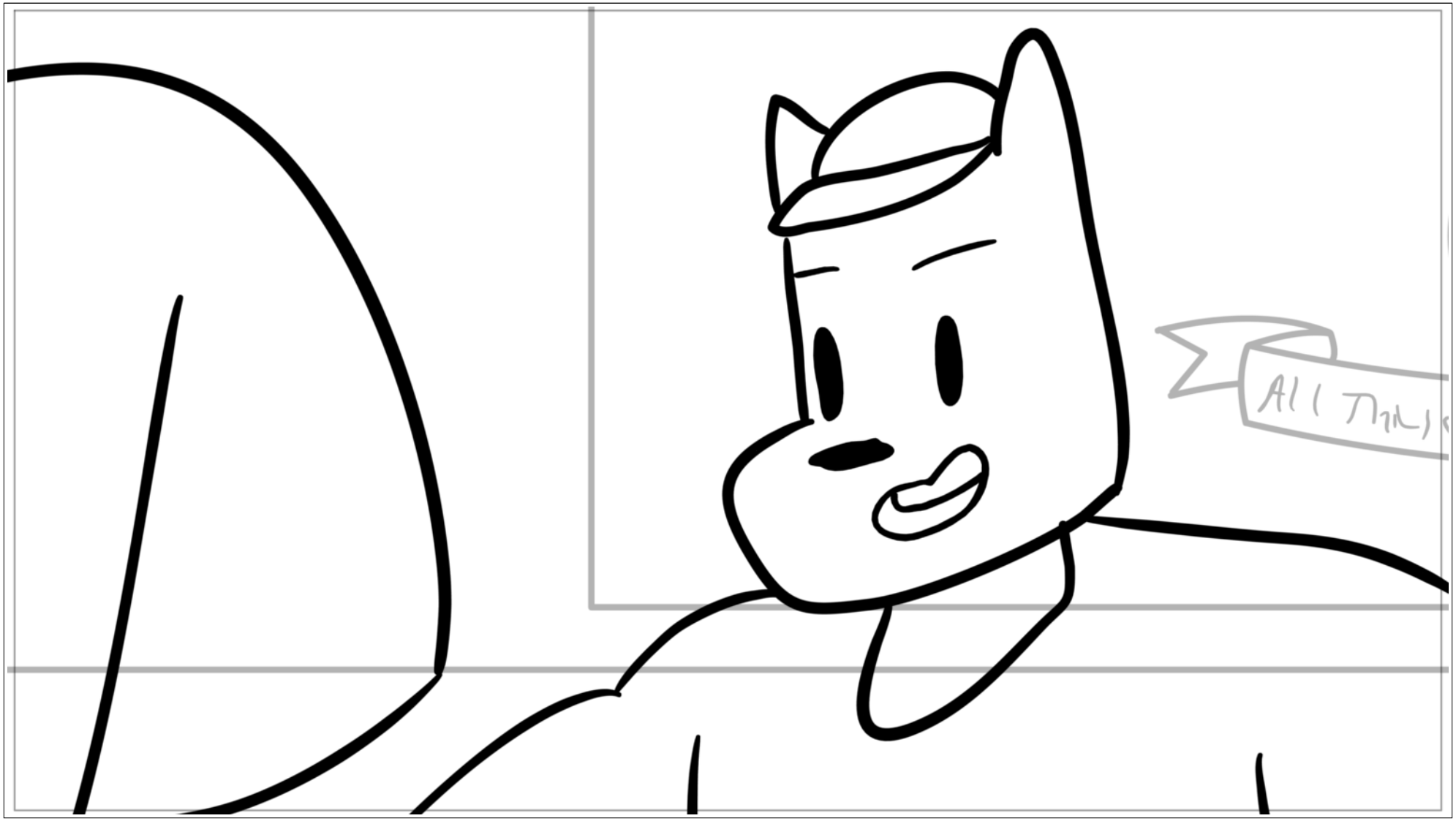
Dialog
Gabriel: That was so hard!

Scene	Duration	Panel	Duration
4	27:00	23	01:00



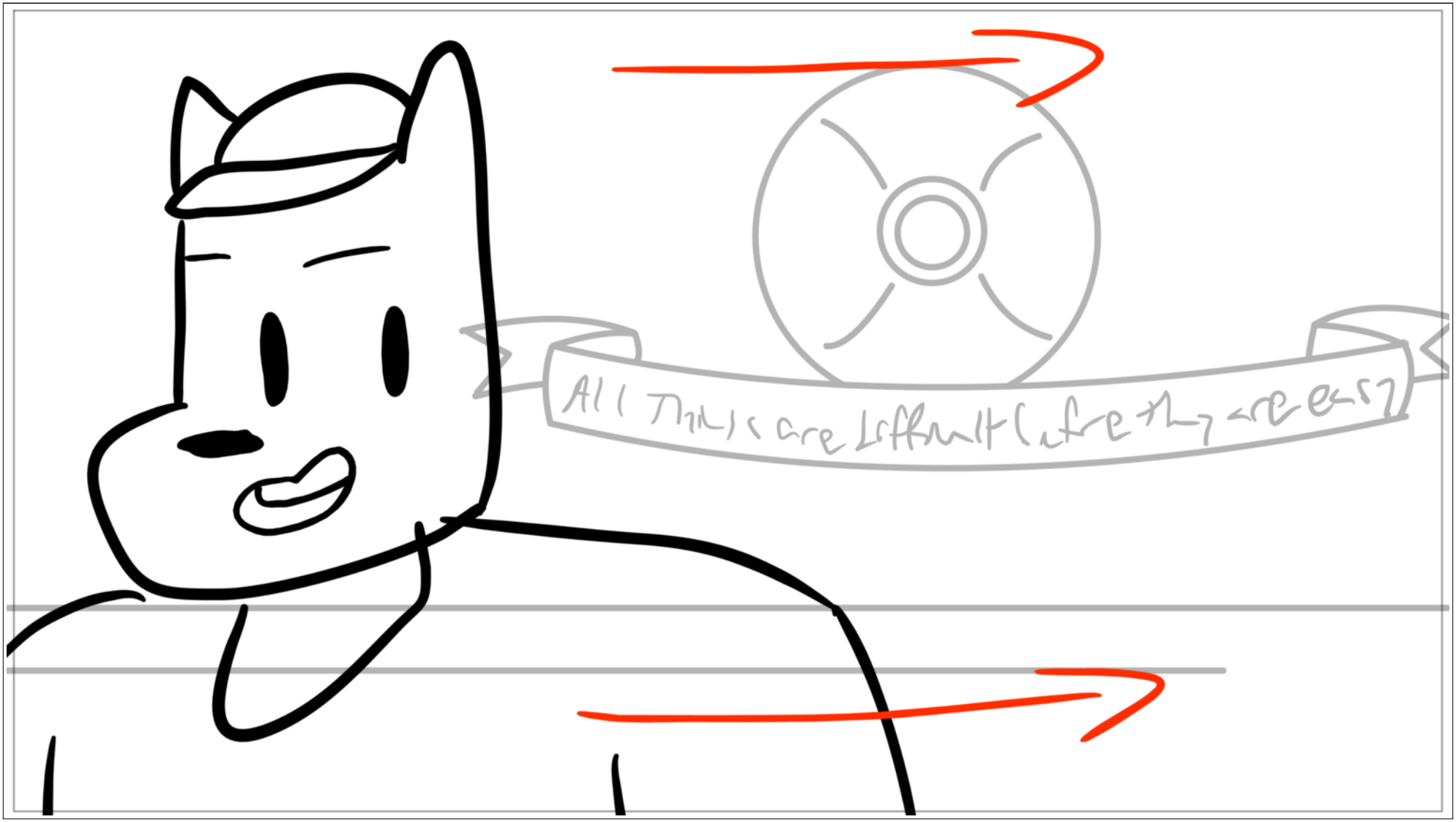
Dialog
Scott: Sure, it was hard, but just remember-

Scene	Duration	Panel	Duration
4	27:00	24	01:00



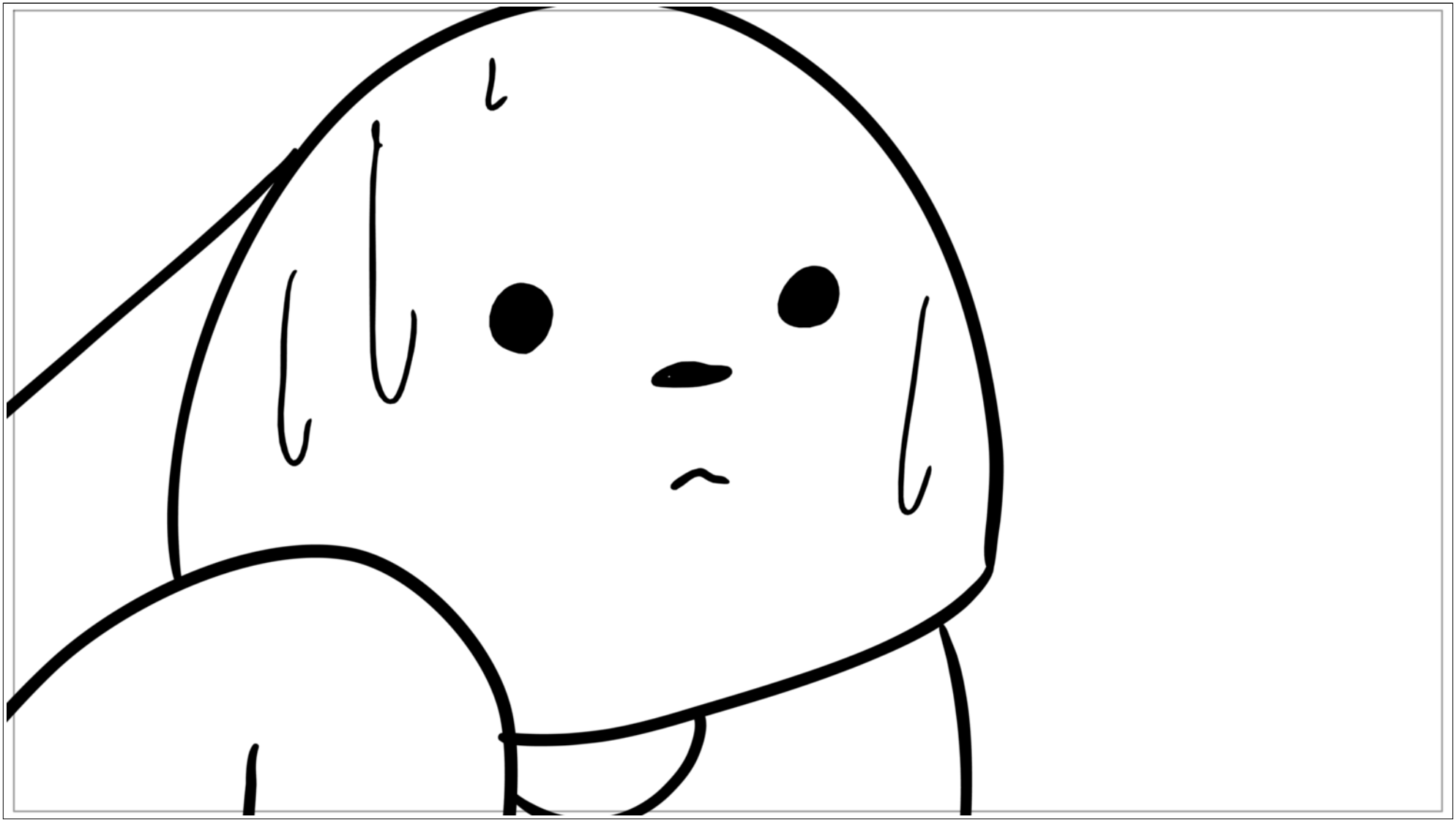
Dialog
Scott: All things are difficult before they are easy

Scene	Duration	Panel	Duration
4	27:00	25	01:00

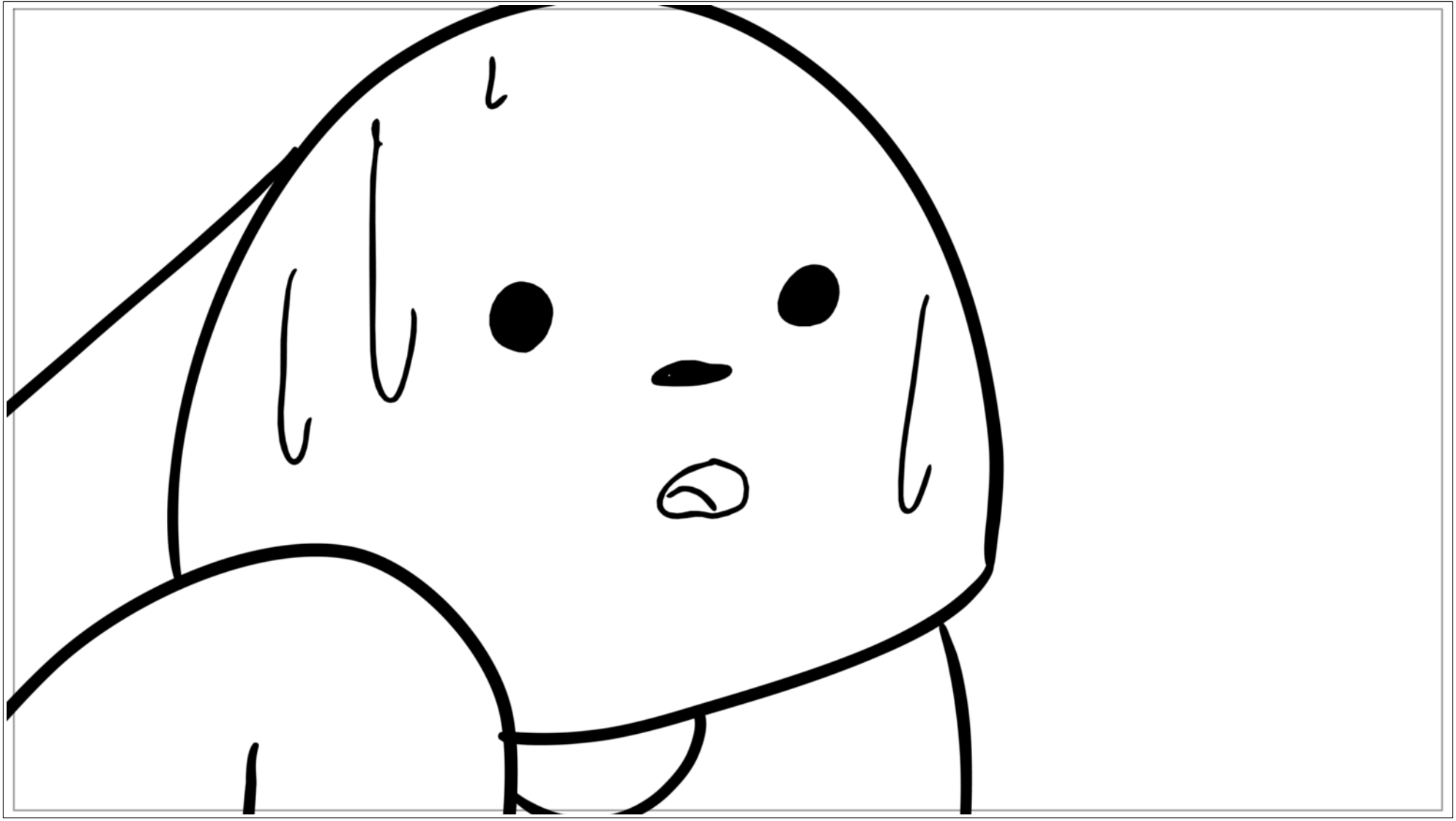


Dialog
Scott: It's our motto.

Scene	Duration	Panel	Duration
4	27:00	26	01:00

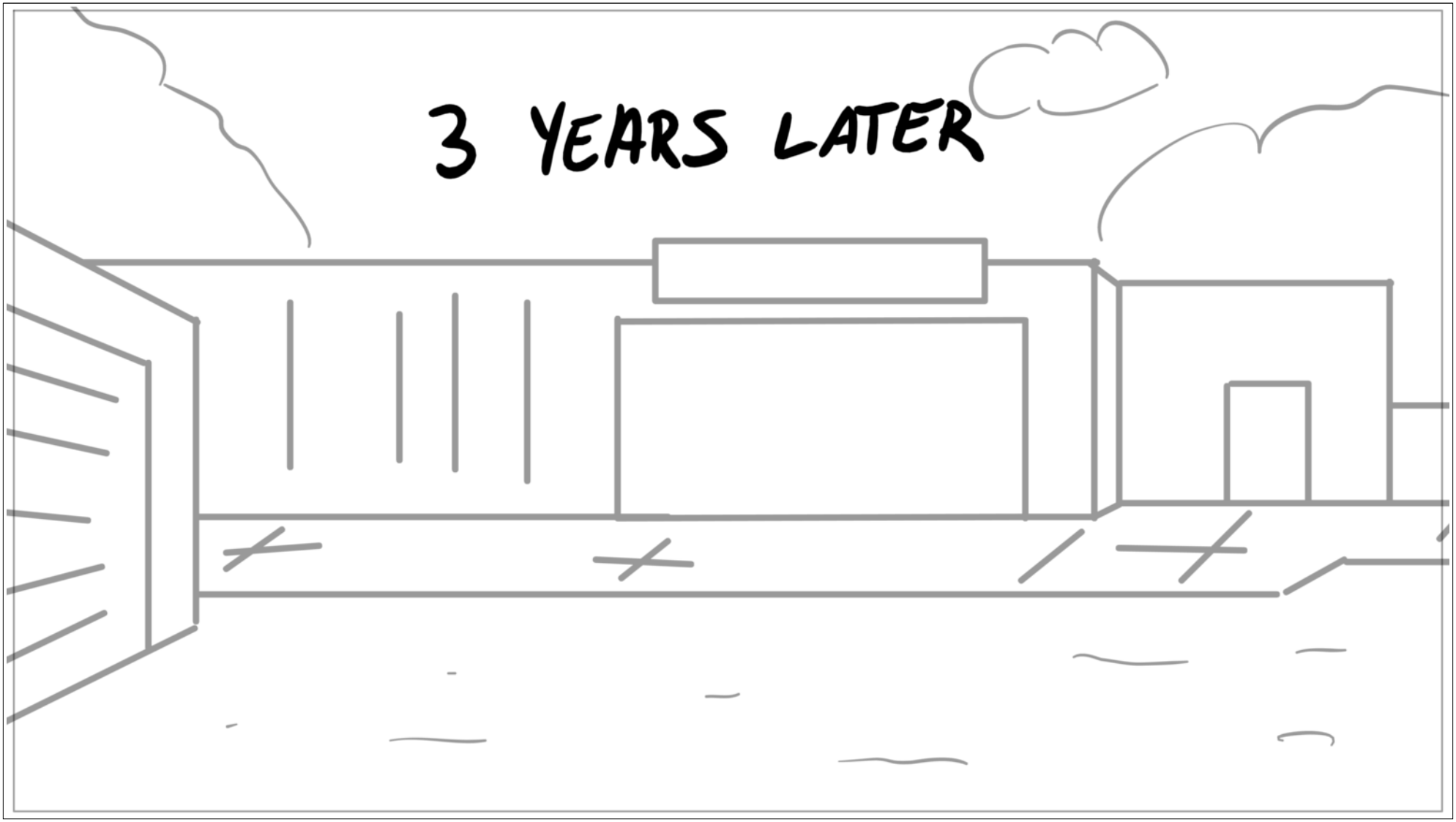


Scene	Duration	Panel	Duration
4	27:00	27	01:00

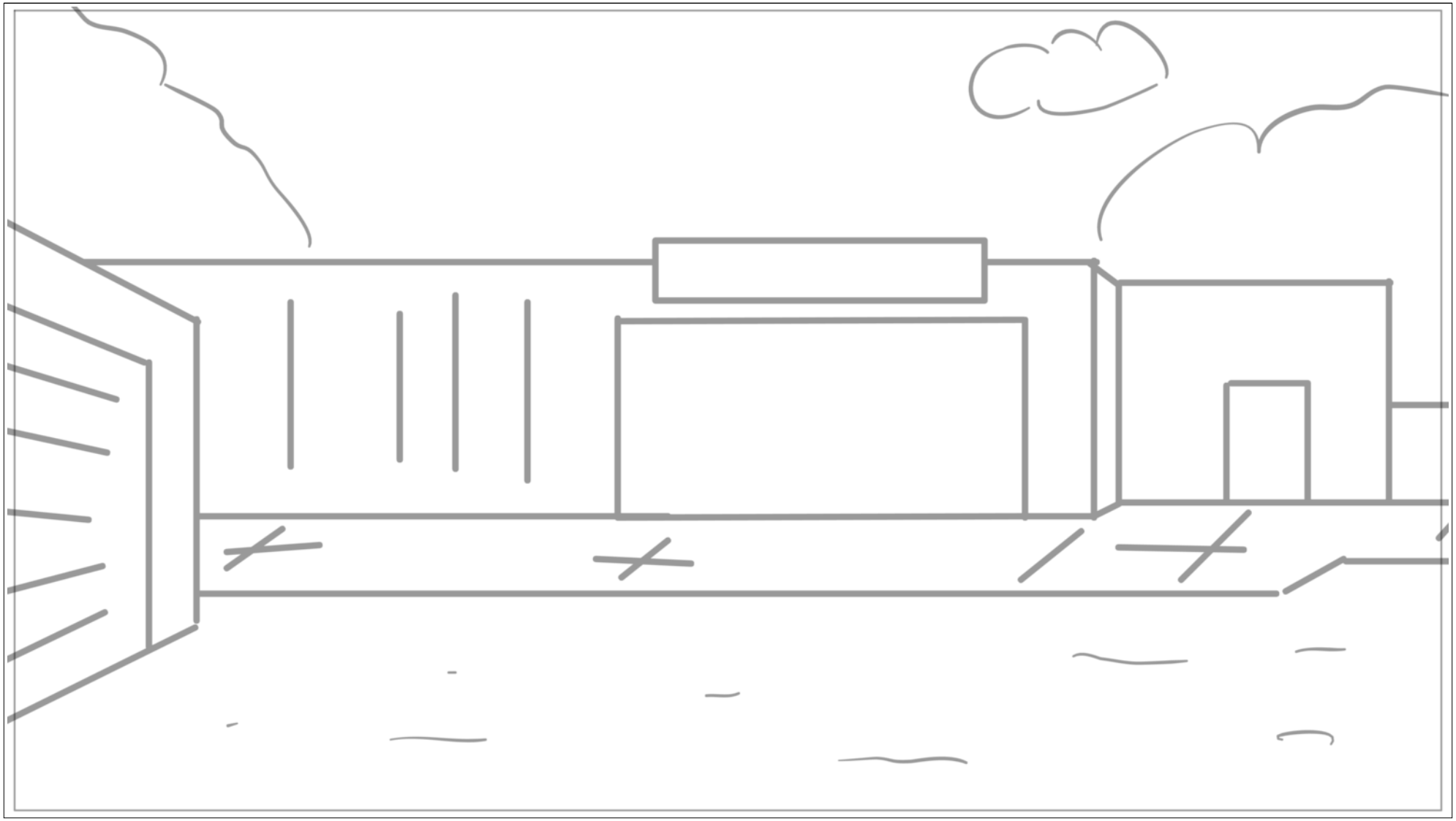


Dialog
Gabriel: Huh... All things are difficult before they are easy....

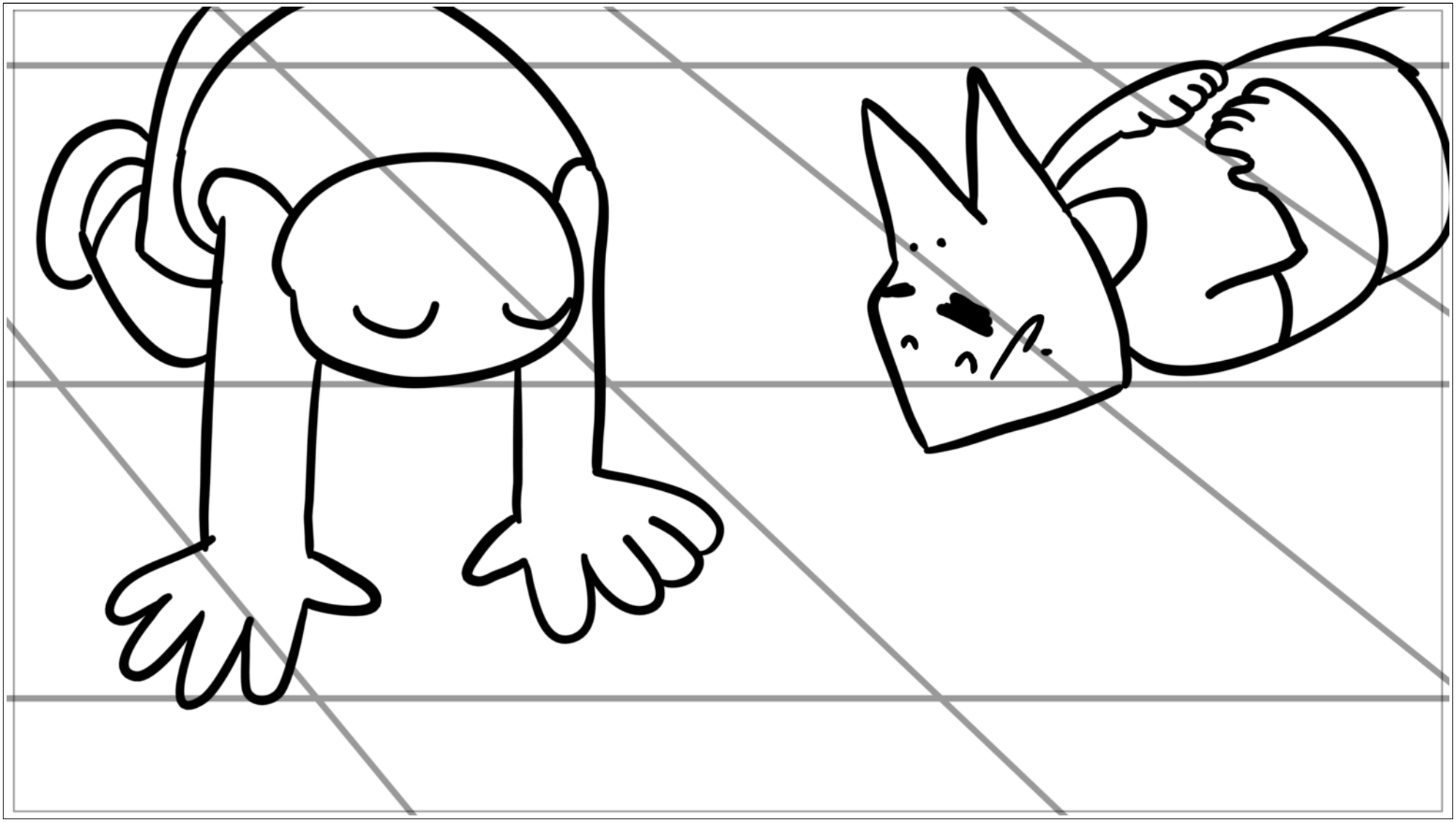
Scene	Duration	Panel	Duration
5	08:00	1	01:00



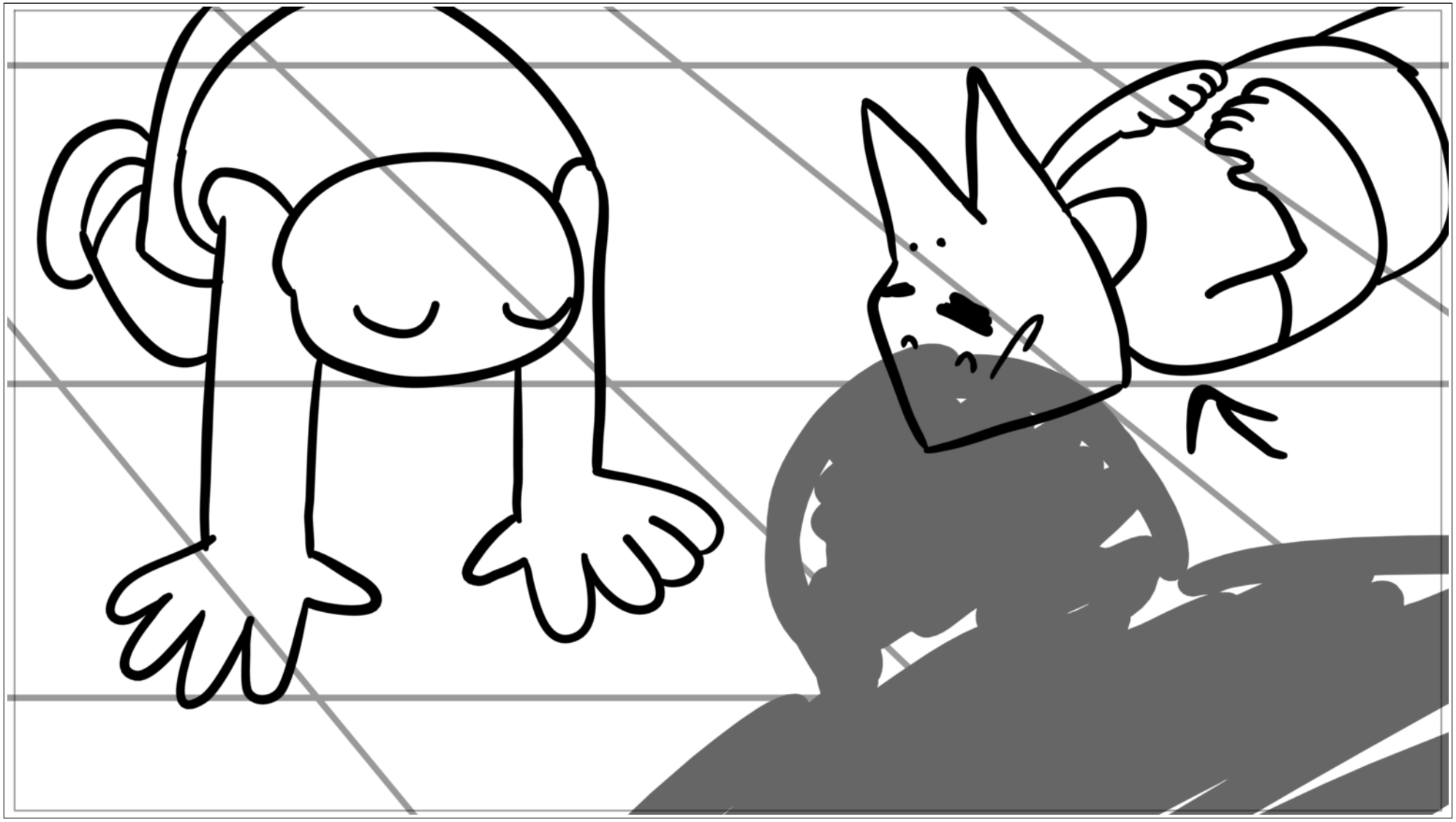
Scene	Duration	Panel	Duration
5	08:00	2	01:00



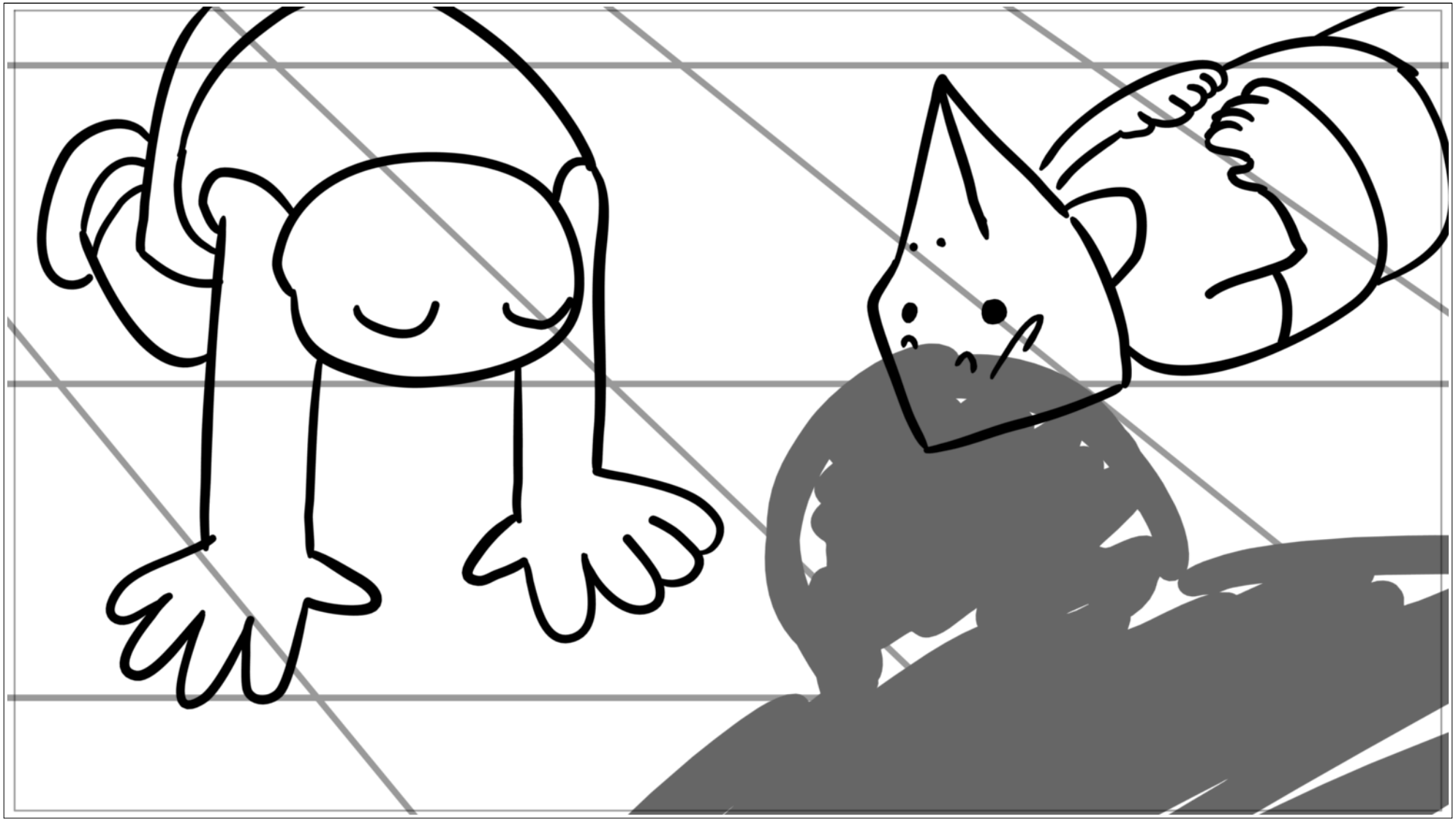
Scene	Duration	Panel	Duration
5	08:00	3	01:00



Scene	Duration	Panel	Duration
5	08:00	4	01:00

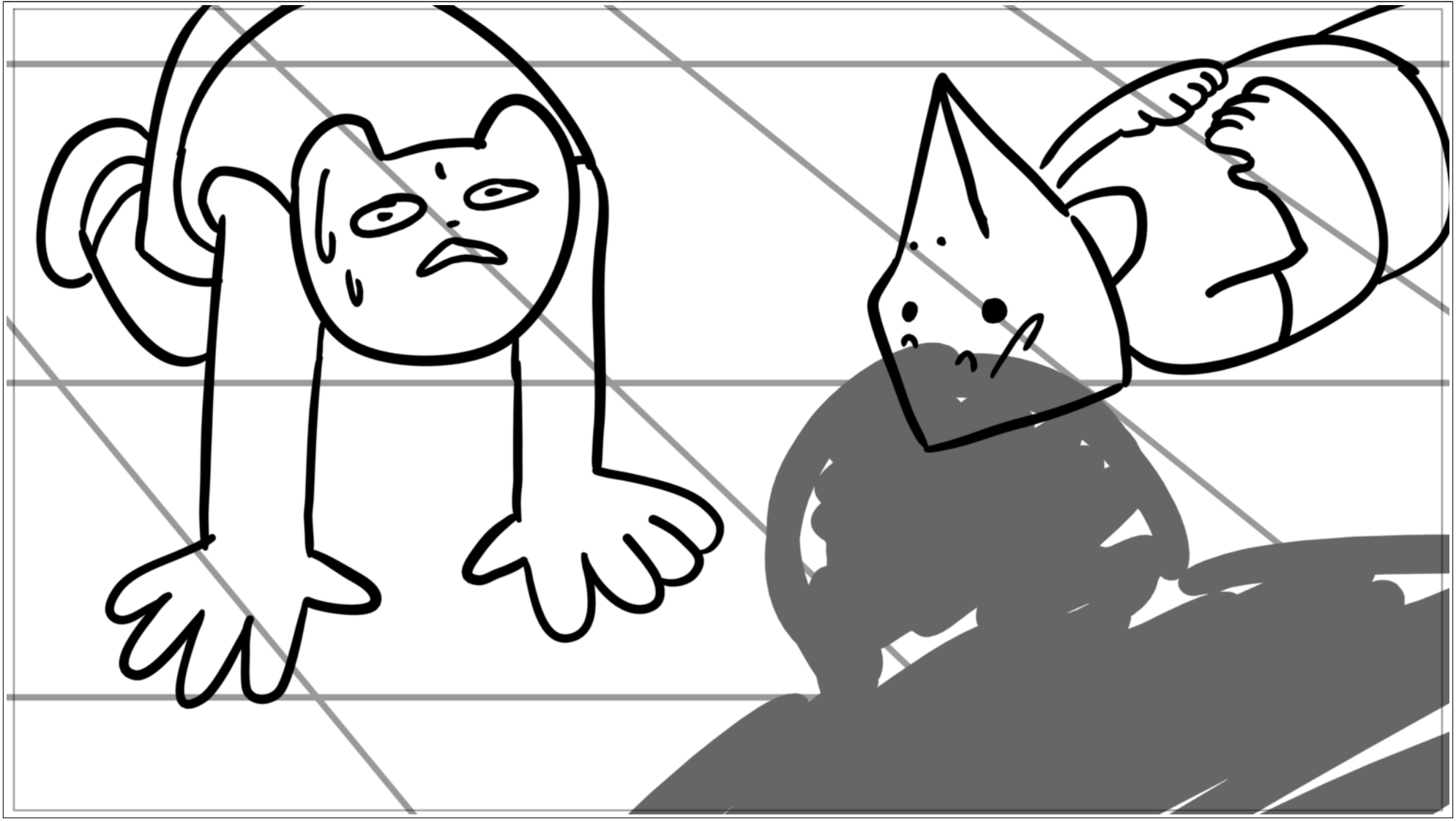


Scene	Duration	Panel	Duration
5	08:00	5	01:00



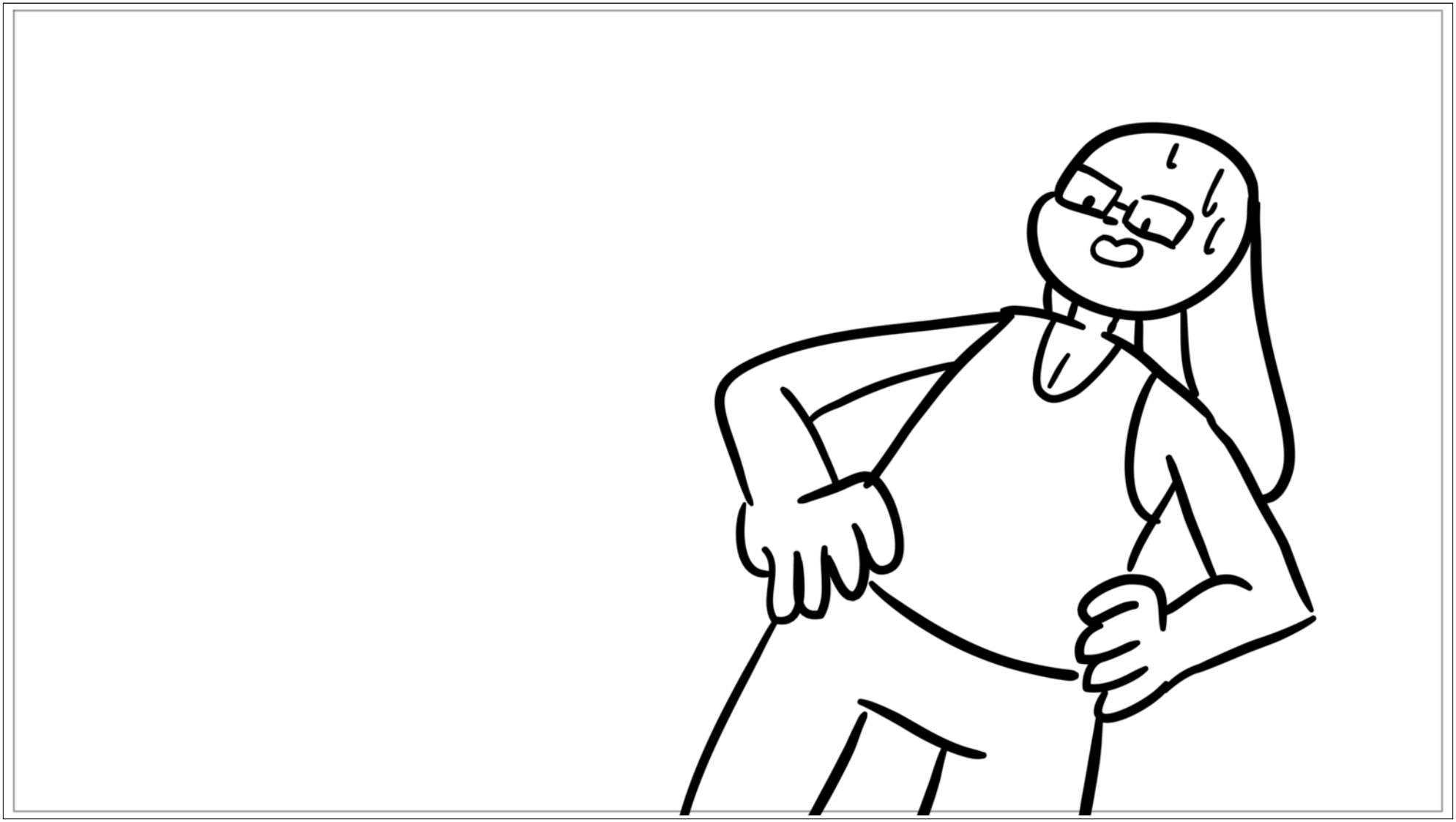
Dialog
Gabriel (OS): Hey, good work today

Scene	Duration	Panel	Duration
5	08:00	6	01:00



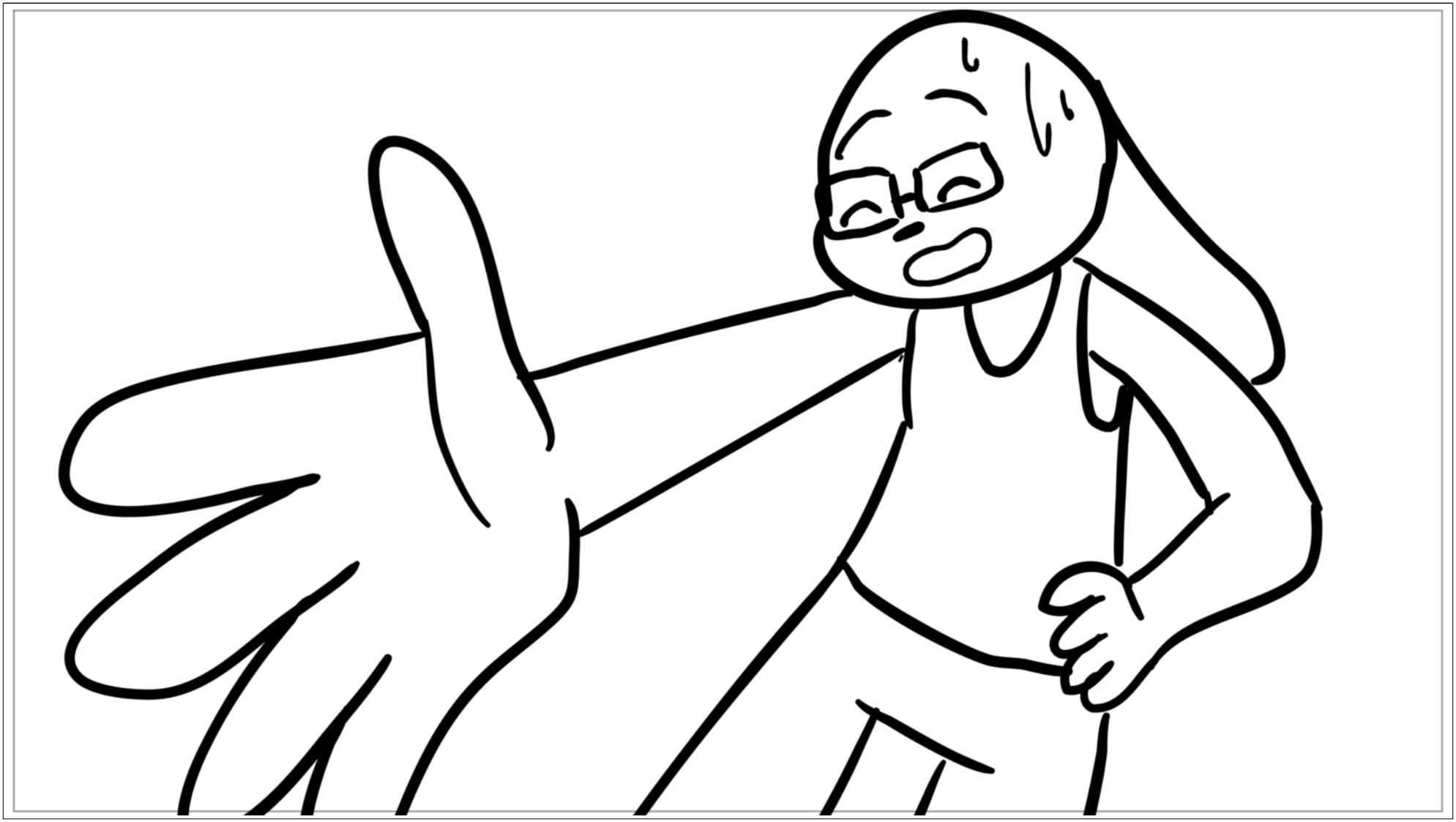
Dialog
Bear: That was so hard!!

Scene	Duration	Panel	Duration
5	08:00	7	01:00



Dialog
Gabriel: That's okay.

Scene	Duration	Panel	Duration
5	08:00	8	01:00



Dialog
Gabriel: All things are difficult before they are easy.