

**EMPOWER CHARTER SCHOOL PRESENTS:**

**SQUATS**

**FOR**

**SCHOOLS**



**WHEN:** Saturday, June 21st

**WHERE:** Gyms & CrossFit Affiliates

**W.O.D:** "Empower"

**9 Burpees**

**20 KB Swings (53#/35#)**

**20 AirSquats**

**AS MANY ROUNDS AS POSSIBLE IN 14 MINUTES**

**DETAILS:\$20**

**Do a Squat. Build a School.**

**Register at [www.empowercharter.org](http://www.empowercharter.org)**