

Hey COMO.

We're all stuck at home for the next few weeks, our team has put together a 6 week at home workout program that you can do absolutely FREE!

Hi, I'm Mike from CrossFit COMO and since 2013 we've helped thousands in Columbia get fit and healthy!

So we put together 6 weeks of awesome at home workouts that you can do with your friends and family from the comfort of your living room. We also included a nutrition plan, motivational tips and a movement library to teach you everything you need to be successful!

In addition, we set up an online Facebook group to motivate you and keep you accountable! So if you are looking for an outlet while all the gyms are closed, register below FOR FREE by clicking the link.