



# PLAYGROUND WOD

**Justin Morrissette**

*Illustrated by Aaron Barkot*

Justin Morrissette

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He wants everyone to enjoy fitness exactly like kids benefit from the playground. At the playground, kids get to release their energy by running, jumping, and playing. AARON BARKET offers been practicing painting and drawing his very existence, and now ventures right into a new medium of art. People arrive to CrossFit to get exercise by essentially doing the same thing kids are doing on the playground.JUSTIN MORRISSETTE loves the concept of a playground. As an even 2 CrossFit Trainer, Justin knows the significance of getting people moving. He plans on learning astronautics and style in college and expectations to have a career that incorporates both.



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