

# Pairing fitness with fun!

workout squatting pushing  
jumping mechanics pairing  
hanging nutrition positive  
warm-up repetition workouts  
good encouragement fun technique  
pulling self-confidence movements games  
movement camaraderie visuals WOD  
fitness expectations jog demonstrations kids  
focus climbing short high-fives standards review  
running group



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Brookfield Elementary School, Brockton, MA since 1999  
Special Education pre-K-9 Teaching License  
Bachelor's in Psychology  
Cynergy CrossFit Coach since 2012

## Cynergy Kids

**ALL KIDS WELCOME!**

We work with *all* kids and we also welcome those with mild to moderate disabilities including ADHD, specific learning disabilities, developmental delays, communication disorders, and autism spectrum disorders.



Try it!  
**FREE TRIAL**

**JOIN US FOR FREE!**

Bring your child to  
**CYNERGY KIDS**

& try it out!

Register for a free  
trial on our website.

