

Getting in shape... #crossfitgames #crossfit

INSTAGRAM

@akaskarate Canada, Montreal

Last Sunday, @akaskarate showed up strong at Jeux du Montréal We had 9 athletes compete — and the results speak for themselves:

0	0	0	0.00%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

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