

## Photo Submissions

Written by Administrator  
Wednesday, 06 January 2010 10:02

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When submitting a photo or video to CrossFit Mom, please send them to [pictures@crossfitmom.com](mailto:pictures@crossfitmom.com)

For pictures, please do not resize but please rename them with your first name last initial then an underscore and the exercise. For example nancyj\_pullup. For baby pictures rename the photo to your baby's first name.