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Advanced

5 rounds

10 burpees

10 overhead squats #45

10 pull ups

10 dips

Intermediate

4 rounds

10 burpees or pregnant burpees

10 overhead squats #35

10 pull ups or progressions

10 dips

Beginner

3 rounds

10 pregnant burpees

10 overhead squats #15-25

10 pull up progressions

10 dips

For the dips, use rings, parallel bars or a bench.