

**April 23, 2011**

Written by Andrea  
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**“Charlotte”**

**Advanced**

200m run  
20 lunges  
200m run  
20 knees to elbows  
200m run  
20 push ups  
200m run

**Intermediate**

200m run/walk  
15 lunges  
200m run/walk  
15 knees to elbows  
200m run/walk  
15 push ups  
200m run/walk

**Beginner**

200m run/walk  
10 lunges  
200m run/walk  
10 knees to elbows  
200m run/walk  
10 push ups  
200m run/walk