

In honor of Jeremy, 3 years old, who lost his life in a tragic accident on July 6, 2006.

"Jeremy"

Advanced

21-15-9 Overhead squats #65 Burpees

Intermediate

May 3, 2011

Written by Andrea Monday, 02 May 2011 19:58 -

21-15-9 Overhead squats #45 Burpees or pregnant burpees

Beginner

15-12-9 Overhead squats # PVC-25 Pregnant burpees

Pregnant burpees: Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.

Infant Swimming Resource and CrossFit Kids Preparing Children for the Unexpected - video [wmv] [mov