

May 8, 2011

Written by Andrea
Saturday, 07 May 2011 16:30 -



HAPPY MOTHER'S DAY!

Advanced

5 rounds

10 thrusters #45

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10 burpees

Intermediate

4 rounds

10 thrusters #25

10 burpees or pregnant burpees

Beginner

3 round

10 thrusters #15

10 pregnant burpees

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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.