

**May 8, 2011**

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

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**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.