

**May 31, 2011**

Written by Andrea  
Monday, 30 May 2011 16:16 -

---



**Advanced**

5 rounds

10 pull ups

**May 31, 2011**

Written by Andrea  
Monday, 30 May 2011 16:16 -

---

10 burpees or pregnant burpees

## **Intermediate**

4 rounds

10 pull ups or progressions

10 burpees or pregnant burpees

## **Beginner**

3 rounds

10 pull up progressions

10 pregnant burpees

**May 31, 2011**

Written by Andrea  
Monday, 30 May 2011 16:16 -

---

**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.