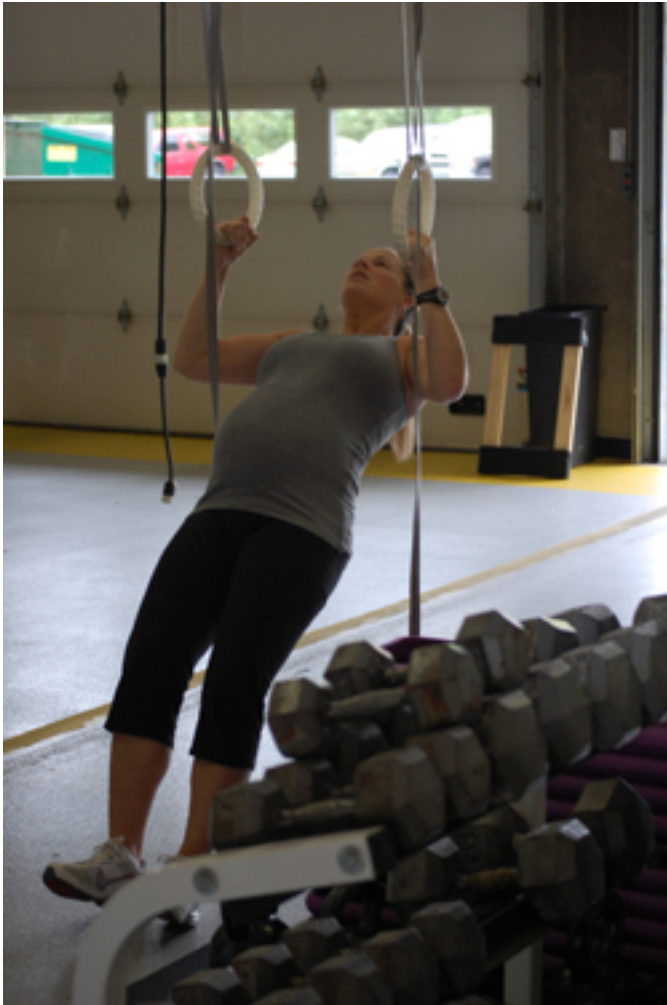


May 31, 2011

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.