

**July 2, 2011**

Written by Andrea  
Friday, 01 July 2011 19:08 -

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**Advanced**

3 rounds

12 front squats #65

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12 burpees

12 pull ups

## **Intermediate**

3 rounds

12 front squats #45

12 burpees or pregnant burpees

12 pull ups or progressions

## **Beginner**

3 rounds

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10 front squats #25

10 pregnant burpees

10 pull up progressions

**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.