

August 28, 2011

Written by Andrea
Saturday, 27 August 2011 19:42 -



Advanced

5 rounds

10 hang power cleans #65

10 burpees

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Intermediate

4 rounds

10 hang power cleans #45

10 burpees or pregnant burpees

Beginner

3 rounds

10 hang power cleans #25

10 pregnant burpees

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.