

December 7, 2011

Written by Andrea

Tuesday, 06 December 2011 21:34 -



"Wood"

Advanced

5 rounds

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400m run

10 burpee step ups

10 sumo deadlift high pulls 16kg kettlebell

10 thrusters #65

Rest 2 minutes between rounds

Intermediate

4 rounds

400m run

10 burpee step ups

10 sumo deadlift high pulls 12kg kettlebell

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10 thrusters #45

Rest 2 minutes between rounds

Beginner

3 rounds

200m run

10 burpee step ups

10 sumo deadlift high pulls 8kg kettlebell

10 thrusters #15-25

Rest 2 minutes between rounds

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Sub rowing for run as needed.

Sub pregnant burpees as necessary. Remember, they are high on the intensity meter.

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.