

**February 1, 2012**

Written by Andrea

Tuesday, 31 January 2012 20:13 -

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## **Advanced**

5 rounds

10 dumbbell shoulder press #25 DB's

10 pull ups

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10 one-armed kettlebell swings 12kg

10 knees to elbows

10 burpees

### **Intermediate**

4 rounds

10 dumbbell shoulder press #15 DB's

10 pull ups or progressions

10 one-armed kettlebell swings 8kg

10 knees to elbows

10 burpees or pregnant burpees

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## **Beginner**

3 rounds

10 dumbbell shoulder press #10 DB's

10 pull up progressions

10 one-armed kettlebell swings 4kg

10 knees to elbows

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.