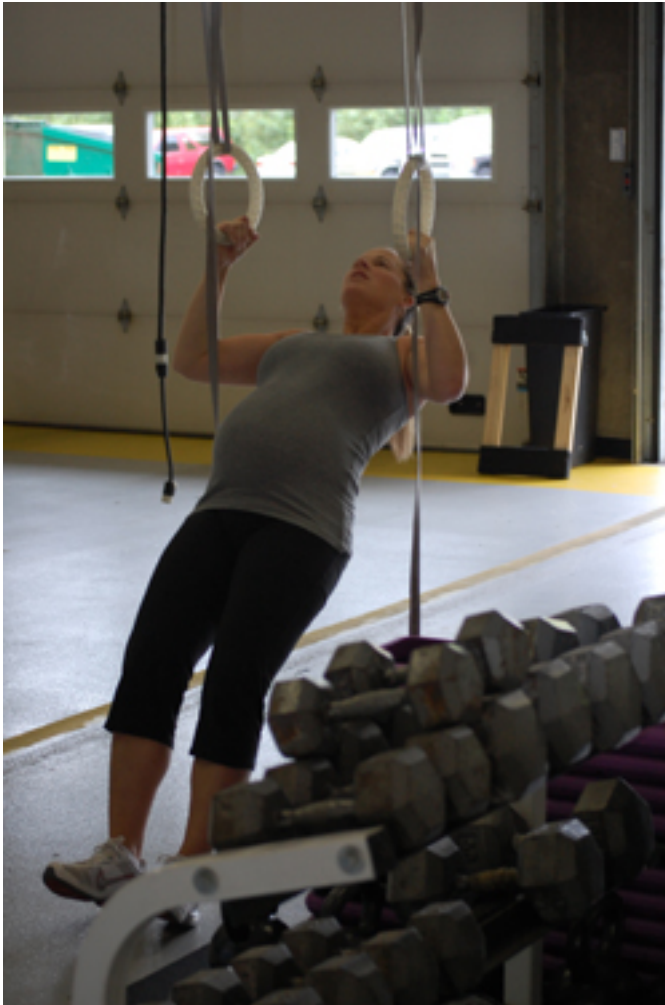


**June 13, 2013**

Written by Andrea

Wednesday, 12 June 2013 17:13 -

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**Advanced**

3 rounds

400m run

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Wednesday, 12 June 2013 17:13 -

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20 burpees

20 pull ups

### **Intermediate**

3 rounds

400m run

15 burpees or pregnant burpees

15 pull ups or progressions

### **Beginner**

3 rounds

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200m run

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.