

June 27, 2013

Written by Andrea

Wednesday, 26 June 2013 17:08 -



Advanced

For 12 minutes do:

10 burpees

25 double or single unders

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Intermediate

For 12 minutes do:

10 burpees or pregnant burpees

15 single unders or step ups

Beginner

For 12 minutes do:

10 pregnant burpees

10 step ups

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.

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