

**August 21, 2013**

Written by Andrea  
Tuesday, 20 August 2013 19:16 -

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**Advanced**

21-15-9

Deadlift #95

Burpees

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## **Intermediate**

21-15-9

Deadlift #65

Burpees or pregnant burpees

## **Beginner**

15-12-9

Deadlift #45

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.

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