

**September 17, 2013**

Written by Andrea

Monday, 16 September 2013 16:19 -

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## **Advanced**

5 rounds

12 overhead walking lunges #25 plate

12 burpees

## **Intermediate**

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4 rounds

12 overhead walking lunges #15 plate

12 burpees or pregnant burpees

## **Beginner**

3 rounds

12 overhead walking lunges #10 plate

12 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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