

September 17, 2013

Written by Andrea

Monday, 16 September 2013 16:19 -



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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