

## Advanced

4 rounds

400m run

15 burpees

**September 30, 2013** Written by Andrea Sunday, 29 September 2013 18:37 -Intermediate 3 rounds 400m run 15 burpees or pregnant burpees **Beginner** 3 rounds 200m run 10 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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