

**October 20, 2013**

Written by Andrea

Saturday, 19 October 2013 18:52 -

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## **Advanced**

3 rounds

15 burpees

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15 pull ups

15 backsquats #65

200m run

## **Intermediate**

3 rounds

15 burpees or pregnant burpees

15 pull ups or progressions

15 backsquats #45

200m run

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## **Beginner**

3 rounds

10 pregnant burpees

10 pull up progressions

10 backsquats #15-25

200m run

**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.