

**December 18, 2013**

Written by Andrea

Tuesday, 17 December 2013 20:12 -

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## **Advanced**

5 rounds

12 burpees

12 pull ups

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## **Intermediate**

4 rounds

12 burpees or pregnant burpees

12 pull ups or progressions

## **Beginner**

3 rounds

12 pregnant burpees

12 pull up progressions

**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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