

**March 16, 2014**

Written by Andrea  
Saturday, 15 March 2014 19:37 -

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## **Advanced**

3 rounds

20 pull ups

20 dips

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20 burpees

## **Intermediate**

3 rounds

15 pull ups or progressions

15 dips

15 burpees or pregnant burpees

## **Beginner**

3 rounds

10 pull up progressions

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10 dips

10 pregnant burpees

Use bands for the dips as needed, or scale to jump to support.

**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.