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Written by Andrea
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Advanced 21-15-9 Dumbbell shoulder press #25 Front squats #65 Burpees

Intermediate 21-15-9 Dumbbell shoulder press #15 Front squats #45 Burpees or pregnant burpees

Beginner 15-12-9 Dumbbell shoulder press #10 Front squats #15-25 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.