

**May 3, 2014**

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.