

**May 13, 2014**

Written by Andrea  
Monday, 12 May 2014 19:15 -

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## **Advanced**

3 rounds

400m run

20 dumbbell hang power cleans #25

20 burpees

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## **Intermediate**

3 rounds

400m run

15 dumbbell hang power cleans #15

15 burpees or pregnant burpees

## **Beginner**

3 rounds

200m run

10 dumbbell hang power cleans #10

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10 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.