

**March 1, 2011**

Written by Andrea  
Monday, 28 February 2011 20:33 -

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## **Advanced**

21-15-9

Burpees

Pull ups

## **Intermediate**

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21-15-9

Burpees or pregnant burpees

Pull ups or progressions

**Beginner**

15-12-9

Pregnant burpees

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.