

March 1, 2011

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



Advanced

21-15-9

Burpees

Pull ups

Intermediate

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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.