

May 3, 2011

Written by Andrea
Monday, 02 May 2011 19:58 -



In honor of Jeremy, 3 years old, who lost his life in a tragic accident on July 6, 2006.

“Jeremy”

Advanced

21-15-9
Overhead squats #65
Burpees

Intermediate

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21-15-9
Overhead squats #45
Burpees or pregnant burpees

Beginner

15-12-9
Overhead squats # PVC-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.

[Infant Swimming Resource](#) and CrossFit Kids Preparing Children for the Unexpected - video [
[wmv](#)
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[mov](#)
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