

## "Small"

## **Advanced**

3 rounds

500m row

20 burpees or pregnant burpees

## June 12, 2011

Written by Andrea Saturday, 11 June 2011 20:24 -
20 box jumps or step ups
400m run
Intermediate
3 rounds
500m row
15 pregnant burpees
15 step ups
400m run/walk
Beginner

## June 12, 2011

