

June 12, 2011

Written by Andrea
Saturday, 11 June 2011 20:24 -



"Small"

Advanced

3 rounds

500m row

20 burpees or pregnant burpees

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20 box jumps or step ups

400m run

Intermediate

3 rounds

500m row

15 pregnant burpees

15 step ups

400m run/walk

Beginner

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3 rounds

250m row

10 pregnant burpees

10 step ups

200m run/walk

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.