

July 2, 2011

Written by Andrea
Friday, 01 July 2011 19:08 -



Advanced

3 rounds

12 front squats #65

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12 burpees

12 pull ups

Intermediate

3 rounds

12 front squats #45

12 burpees or pregnant burpees

12 pull ups or progressions

Beginner

3 rounds

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10 front squats #25

10 pregnant burpees

10 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.