

**February 23, 2012**

Written by Andrea

Wednesday, 22 February 2012 21:02 -

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**For 7 minutes do:**

Burpees or 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.

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These are high on the intensity meter. Be sure to take breaks!