

March 27, 2012

Written by Andrea
Monday, 26 March 2012 16:18 -



"Baby Del"

Advanced

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25 burpees

400m run

25 pull ups

400m run

25 push ups

400m run

25 pull ups

400m run

25 burpees

Intermediate

20 burpees or pregnant burpees

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200m run

20 pull ups or progressions

200m run

20 push ups

200m run

20 pull ups or progressions

200m run

20 burpees or pregnant burpees

Beginner

15 pregnant burpees

200m run

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15 pull up progressions

200m run

15 push ups

200m run

15 pull up progressions

200m run

15 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.