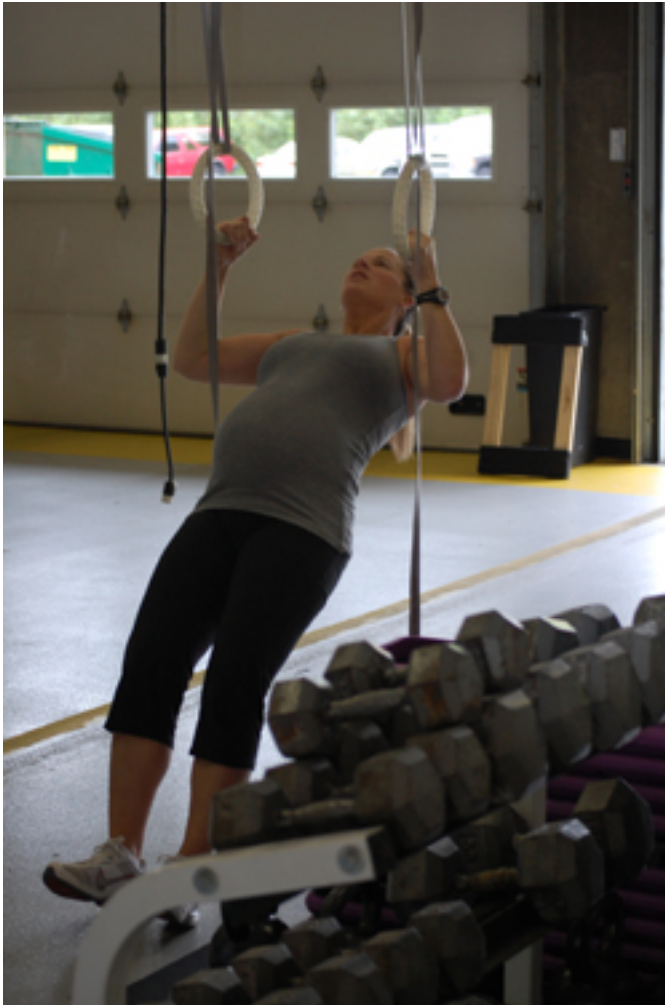


June 13, 2013

Written by Andrea

Wednesday, 12 June 2013 17:13 -



Advanced

3 rounds

400m run

June 13, 2013

Written by Andrea
Wednesday, 12 June 2013 17:13 -

20 burpees

20 pull ups

Intermediate

3 rounds

400m run

15 burpees or pregnant burpees

15 pull ups or progressions

Beginner

3 rounds

June 13, 2013

Written by Andrea
Wednesday, 12 June 2013 17:13 -

200m run

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.