

July 4, 2013

Written by Andrea
Wednesday, 03 July 2013 16:41 -



Advanced

3 rounds

800m run

20 pull ups

20 burpees

July 4, 2013

Written by Andrea
Wednesday, 03 July 2013 16:41 -

Intermediate

3 rounds

400m run

15 pull ups or progressions

15 burpees or pregnant burpees

Beginner

3 rounds

200m run

10 pull up progressions

10 pregnant burpees

July 4, 2013

Written by Andrea

Wednesday, 03 July 2013 16:41 -

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.