

**August 8, 2013**

Written by Andrea  
Wednesday, 07 August 2013 18:49 -

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## **Advanced**

10 rounds

6 burpees

6 knees to elbows

## **Intermediate**

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10 rounds

5 burpees or pregnant burpees

5 knees to elbows

## **Beginner**

10 rounds

4 pregnant burpees

4 knees to elbows

**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.