

August 21, 2013

Written by Andrea

Tuesday, 20 August 2013 19:16 -



Advanced

21-15-9

Deadlift #95

Burpees

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Intermediate

21-15-9

Deadlift #65

Burpees or pregnant burpees

Beginner

15-12-9

Deadlift #45

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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