

September 30, 2013

Written by Andrea

Sunday, 29 September 2013 18:37 -



Advanced

4 rounds

400m run

15 burpees

September 30, 2013

Written by Andrea
Sunday, 29 September 2013 18:37 -

Intermediate

3 rounds

400m run

15 burpees or pregnant burpees

Beginner

3 rounds

200m run

10 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.

September 30, 2013

Written by Andrea

Sunday, 29 September 2013 18:37 -
