

November 5, 2013

Written by Andrea

Monday, 04 November 2013 19:11 -



Advanced

1000m row

20 burpees

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20 dumbbell hang power clean and overhead #25 DB's

20 toes to bar

20 walking lunges with #25 plate overhead

800m run

Intermediate

750m row

15 burpees or pregnant burpees

15 dumbbell hang power clean and overhead #15 DB's

15 toes to bar

15 walking lunges with #15 plate overhead

400m run

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Beginner

500m row

10 pregnant burpees

10 dumbbell hang power clean and over head #10 DB's

10 toes to bar

10 walking lunges with #10 plate overhead

200m run

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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