

**March 6, 2014**

Written by Andrea  
Wednesday, 05 March 2014 20:30 -

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## **Advanced**

4 rounds

400m run

15 burpees

## **Intermediate**

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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.