

March 16, 2014

Written by Andrea
Saturday, 15 March 2014 19:37 -



Advanced

3 rounds

20 pull ups

20 dips

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20 burpees

Intermediate

3 rounds

15 pull ups or progressions

15 dips

15 burpees or pregnant burpees

Beginner

3 rounds

10 pull up progressions

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10 dips

10 pregnant burpees

Use bands for the dips as needed, or scale to jump to support.

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.