

**March 28, 2014**

Written by Andrea

Thursday, 27 March 2014 19:05 -

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**14.5**

**Advanced**

21-15-9-6-3

Thrusters #65

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Burpees

## **Intermediate**

21-15-9

Thrusters #45

Burpees or pregnant burpees

## **Beginner**

15-12-9

Thrusters #15-25

Pregnant burpees

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**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.