

**April 6, 2014**

Written by Andrea  
Saturday, 05 April 2014 17:19 -

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## **Advanced**

4 rounds

400m run

5 burpees

5 pull ups

5 dips

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## **Intermediate**

3 rounds

400m run

5 burpees or pregnant burpees

5 pull ups or progressions

5 dips

## **Beginner**

3 rounds

200m run

5 pregnant burpees

5 pull up progressions

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5 dips

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