

SHAPE | QUARTER POUNDER

REPS	WHAT TO DO	CIRCUIT
1/4 Mile	Sprint (or run as fast as you can)	Cross chops (8 per side)
4 Rounds	Circuit	
1/4 Mile	Sprint (or run as fast as you can)	Falling pushups (8)
3 Rounds	Circuit	
1/4 Mile	Sprint (or run as fast as you can)	Figure-4 Bridges on a Chair or Ball (8)
2 Rounds	Circuit	
1/4 Mile	Sprint (or run as fast as you can)	Floor jacks (8)
1 Round	Circuit	