

## 12 Rounds:

## - 400m Run

- 25 BW Squats


## Further Explanation:

- Your goal is to run 400 m or .25 mile.
- Each round/lap you will perform 25 BW squats after the run.
- You can choose to do any distance! It does not have to be 12 rounds!
- Choose how many rounds based off of your conditioning level!

