



**Original  
Fitness Co.**™

## **OFC Chipper Workout**

1 Mile Run (1.6km, 1600m, 1 mile)

70 Push Ups

70 Sit Ups

70 Squats

70 Burpees

70 Second Plank/ Bridge/ Prone Hold

The above must be ALL completed in your fastest time possible, be careful to pace yourself in the 1 mile run at the start.

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