

# Run 3 - 4 Rounds

1

Type

Alpha

C.C.M.R's

BARBELL LUNGES

REPS / Min

10

WEIGHT LEVEL

Mild

2

Type

Beta

C.C.M.R's

SISSY SQUATS

REPS / Min

10

WEIGHT LEVEL

Body Weight

3

Type

Beta

C.C.M.R's

SUICIDES

REPS / Min

1min

WEIGHT LEVEL

Cardio / Explosive

4

Type

Beta

C.C.M.R's

AIR SQUATS

REPS / Min

10

WEIGHT LEVEL

Bodyweight

Take a 1 - 2 minute break