



Day 1

Back C.C.M.R's

Yes your workout starts now

Run 6 Rounds

1	Type	C.C.M.R's	REPS/Min	WEIGHT LEVEL
	Alpha	BENT-OVER ROWS (BB)	6-8	Mild-->Heavy
2	Type	C.C.M.R's	REPS/Min	WEIGHT LEVEL
	Beta	UNDER-HAND PULLUPS	10	BodyWeight
3	Type	C.C.M.R's	REPS/Min	WEIGHT LEVEL
	Beta	KETTLEBELL SHRUGS	15-20	Heavy

Take a 1 - 2 minute break