

C.C.M.R.'S / CONSTANT CARDIO MUSCLE ROUNDS

Thank you for purchasing this workout

There is always room for improvement



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CONSTANT/CARDIO MUSCLE ROUNDS also known as C.C.M.R's, is a mixture of exercises emphasizing one muscle group.

The Individual will perform these exercises with extreme focus and constant movement with no breaks until the round is over. C.C.M.R'S are exercises that focus on what I like to call "The Big Four." Chest, Back, Legs, and Your Cardiovascular System. The prominent role of this program is create a strong foundation for your body.

"The C.C.M.R's Program requires a Gym with a Crossfit setup that has all the compound exercise equipment included and also provides space for functional movement to be able to perform the program exercises properly."

NO LIMITS

(Alpha) are Compound Heavy Duty exercises targeting the initial muscle groups while also engaging the whole body as well. This causes Hypertrophy and more Calories Burnt.

(Beta)-(Beta-PLYO/Cardio) are bodyweight exercises or exercises done with light to mild weight. It also includes Cardiovascular Exercises. This helps break more muscle fibers and give the muscle a more efficient burn, boosting endurance for your cardiovascular system.

