

# Run 3 - 4 Rounds

1

Type

Alpha

C.C.M.R's

DUMBBELL WIDE - STANCE BOX  
SQUATS

REPS / Min

10

WEIGHT LEVEL

Mild --> Heavy

2

Type

Beta

C.C.M.R's

BOX JUMPS

REPS / Min

5

WEIGHT LEVEL

Body Weight

3

Type

Beta

C.C.M.R's

LATERAL LUNGES

REPS / Min

6 (each side)

WEIGHT LEVEL

Body Weight

4

Type

Beta

C.C.M.R's

SISSY SQUATS

REPS / Min

10

WEIGHT LEVEL

Body Weight