

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 is to create the foundation of your body to manifest itself into something more.

"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."

Utmost Discipline

You think you just stroll to the gym, just pick up a weight, go through the motions, and then just leave thinking you are done. NO! What you are really doing is picking up the chisel, sculpting on your project, and the project is YOU, so you need to put 100% effort on when performing your set. You will be grading yourself consistently, determining what your weak points are, self-reflection, and visualizing the outcome for your future.

In the Sculpture program, you'll need to use various exercises(tools) to work on different types of muscle groups hitting them at all angles. This creates a stimulant to the muscle for it to grow causing HYPERTROPHY.

