

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

Thank you for purchasing this workout

There is always room for improvement



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

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.

# INSTRUCTIONS

1. Each ROUND will have 1(ALPHA) & 2-4(BETA'S) exercises.
2. After each exercise is done efficiently! When heading to the next exercise, it is done with a slight jog; this causes your body to keep warm and blood flowing. It also increases your cardiovascular system, which is beneficial.
3. Full intensity when each round begins, non-stop movement till the round ends.
4. 1-2 Minute Breaks after each round is finished.
5. The 1st (ALPHA & BETA) exercise will always be required to have 6 Rounds; after that, all other (ALPHA & BETA) exercises rounds will all be conducted 3-4 Rounds.
6. Every 2 rounds completed add weight to (ALPHA) exercises.
7. FOCUS!!

## Schedule

Sunday	Rest
Monday	Back C.C.M.R's
Tuesday	Stretches/Light Cardio
Wednesday	Chest C.C.M.R's
Thursday	Stretches/Light Cardio
Friday	Rest
Saturday	Leg C.C.M.R's

"Client may pick what day seems necessary to start of the week."

"The client may also rearrange the order of the Exercises, Stretches, Cardio, and rest but it is not advised."

# Arsenal

## Alpha Selection

BACK	Chest	Legs
Dumbbell Rows	Standard Bench Press (BB)	Standard Squats
Deadlifts	Dumbbell Bench Press	Dumbbell Bench Press
Bent-Over Rows	Decline Standard Bench Press	Wide-Stance Box Squats
		Dumbbell Goblet Squats
		Leg Extensions (optional)

## Beta / Beta-Cardio Selection

BACK	Chest	Legs	Cardio
Wide-Grip Pullups	Pushups	Sissy Squats	Burpees
Underhand-Grip Pull-Ups	(Resistant Banded) Pushups	Air Squats	Jump Ropes
Kettlebell Shrugs	Dips	(No Weights) Lunges	Jumping Jacks
(Resistance Bands) Rows	(Resistance Bands) Flys	Step-Ups	Jump Squats
	Chest Plate Squeeze	Wall Sits	Dancing
	(Light) Dumbbell Press		Running the Stairs
			Jogging in Place

## Stretch Exercises

Hips	Shoulders	Hamstrings	Glutes
Knee to Chest Stretch	Thread the Needle	Lying hamstring stretch/Strap	
90/90 Stretch	Elbow-Out Rotator Stretch	Sitting hamstring stretch	Figure Four Stretch
Figure Four Stretch	Knee to Chest Stretch	Standing Hamstring Stretch	Piriformis Stretch
Piriformis Stretch	Cross-Body Shoulder Stretch		Child's Pose
Lunging Hip Flexor Stretch	Overhead Triceps and Shoulder Stretch		Cobra Stretch
Pigeon Stretch	Reverse Shoulder Stretch		Bird-Dog Stretch
Spiderman Stretch			
Butterfly Fly Stretch			

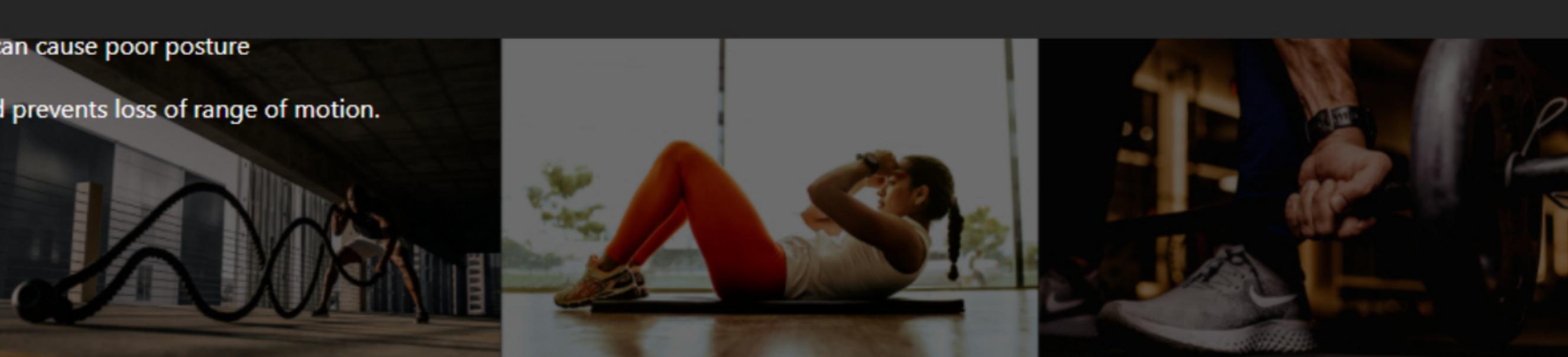
Lower Back	Quad
90/90	Kneeling Lunge
Half Lord of the Fishes Lizard Pose Variation	Standing Quad Stretch
Pigeon Pose	

**YOU HAVE TO STRETCH!!!!**

Keep the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

## FIVE BENEFITS

- \* Stretching can improve posture. Tight muscles can cause poor posture
- \* Stretching can improve the range of motion and prevents loss of range of motion.
- \* Stretching decreases back pain
- \* Stretching helps prevent injury
- \* Stretching can decrease muscle soreness



# Foods

## Protein

## Carbohydrates

## Fats

## Minerals

Chicken

Rice

Olive Oil

Vitamin D

Ground Beef

Sweet Potato

Avocado

Magnesium

Steak

Oatmeal

Nuts

Calcium

Ground Turkey

Fats from Fish

Zinc

Eggs

Fish Oil

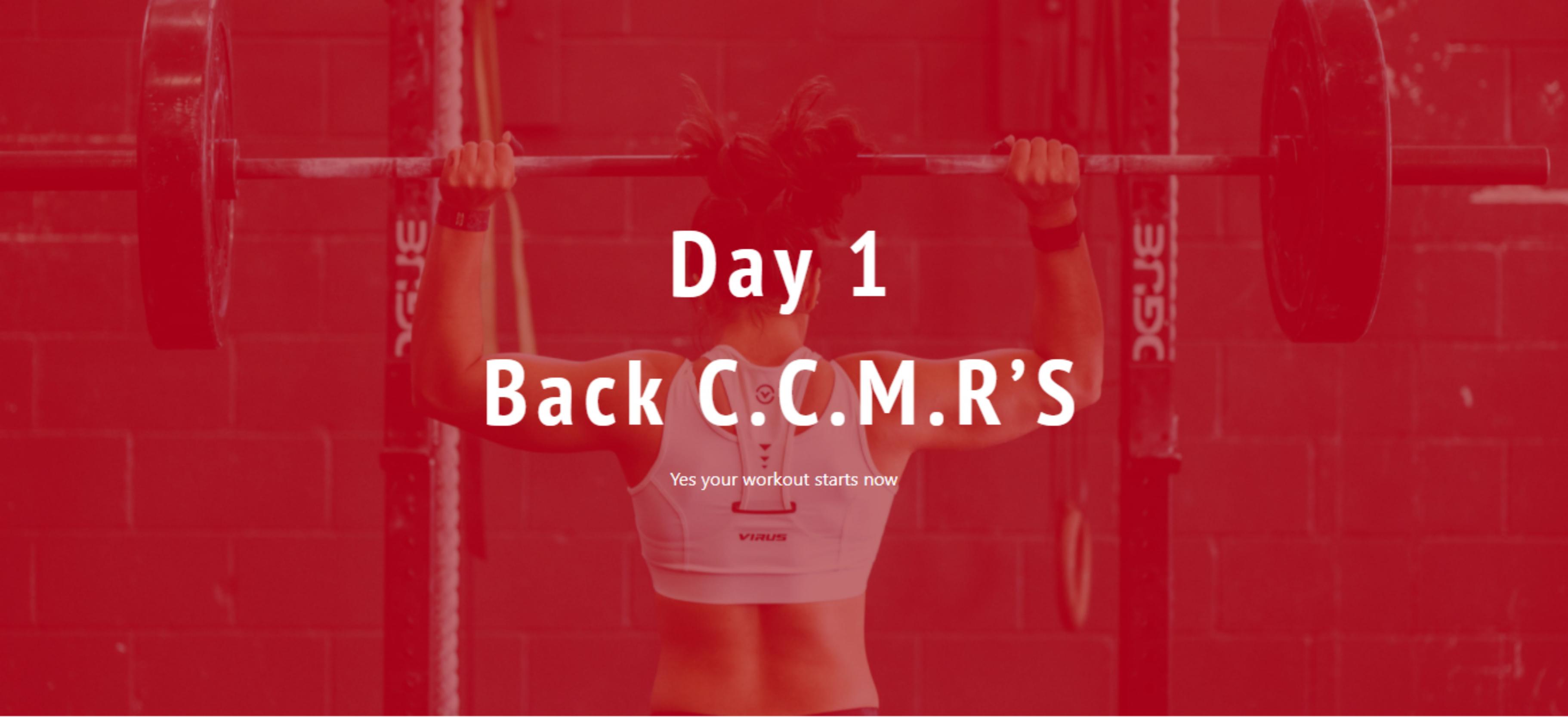
Iron

Turkey Bacon

Flaxseed

Folate

Vitamin B-12



# Day 1

## Back C.C.M.R'S

Yes your workout starts now

### Run 6 Rounds

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

Take a 1 - 2 minute break

# Run 3 - 4 Rounds

	Type	C.C.M.R's	REPS/Min	WEIGHT LEVEL
1	Alpa	DEADLIFTS	6-8	Mild
2	Beta	WIDE-GRIP PULLUPS	10	BodyWeight
3	Beta	ASSAULT BIKE	2min	Intense Cardio
4	Beta	RESISTANCE BANDS ROWS	12	Light

Take a 1 - 2 minute break

# Run 3 - 4 Sets

1	Type	C.C.M.R's	REPS/Min	WEIGHT LEVEL
	Alpha	DEADLIFTS	3-6	HEAVY



# Day 2 Recovery

## Your recovery schedule

1. Stretch

Eat

Vision

## Stretch Exercises

Butterfly Stretch

Side Lunge Stretch

Standing Quad Stretch

Cobra

Standing Hip Flexor Stretch

Standing Hamstring Stretch

Below is an example of a meal plan. Each Client varies. Each client's body varies. For custom food plans contact brugmethod@gmail.com to fit your needs. Thank you.

## Sustenance

### Meal One (8:00-9:00)

3 - Whole Eggs

2 - Turkey Bacon

1/2 cup- Rice

6oz- Ground Beef

1 cup - Green Bean

1/2 cup - Rice

Snack

Chocolate Rice Cakes

### Meal Three (16:00-17:00)

4 - oz - Chicken Breast

1 cup - Green Bean

1/2 cup - Rice

Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.



# Day 3

## Chest CCMRs

Run 6 Rounds

Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
ALPHA	DUMBBELL PRESS	6 - 8	Mild -> Heavy
BETA	RESISTANCE BAND FLYES	10	Light -> Mild
BETA	BURPEES	10	Explosive Movement
BETA	PUSHUPS	10	BodyWeight

Take a 1 - 2 minute break

# Run 6 Rounds

Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
ALPHA	INCLINE DUMBBELL FLYES	6 - 8	Mild --> Heavy
Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
BETA	DIPS	10	Body Weight
Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
BETA	RESISTANCE BAND FLIES	10	Light -> Heavy

Take a 1 - 2 minute break

# Run 3 - 4 Rounds

Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
ALPHA	STANDARD BENCH PRESS (BB)	6 - 8	Heavy
BETA	BANDED PUSH-UPS	10	Light --> Mild
BETA	DIPS	10	Body Weight
BETA	SUICIDES	1min	Cardio / Explosive

# Run 3 - 4 Sets

Type	C.C.M.R's	REPS	WEIGHT LEVEL
ALPHA	STANDARD BENCH PRESS	3 - 6	Heavy

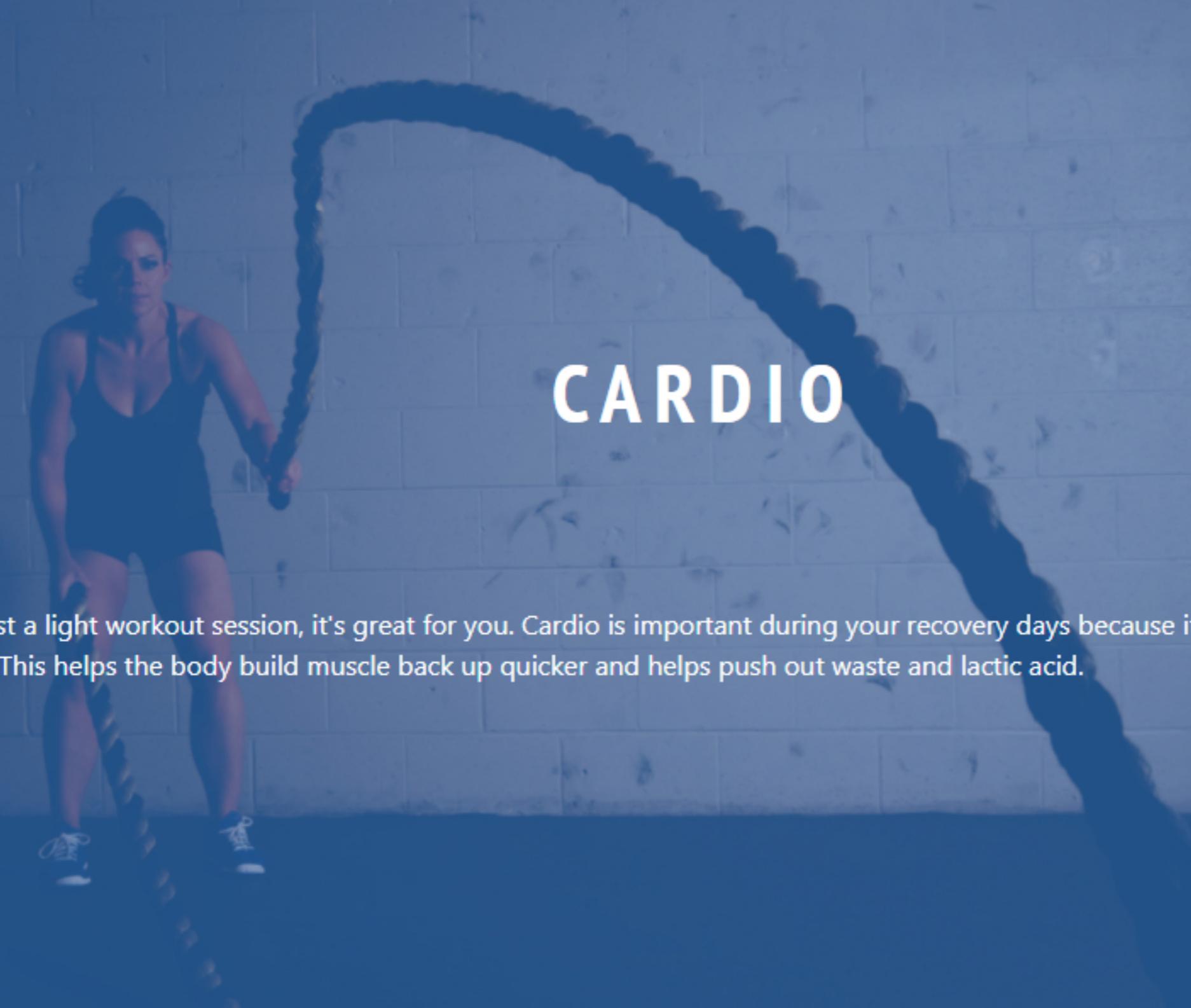
Take a 1 - 2 minute break

# Day 4

Recovery Day

## Your schedule

1. Cardio
2. Eat
3. Vision



Incline TreadMill: 45min-1hour

Reason for Cardio

You need to do cardio even if it's just a light workout session, it's great for you. Cardio is important during your recovery days because it increases blood flow throughout your body which helps muscle damage heal quicker. This helps the body build muscle back up quicker and helps push out waste and lactic acid.

Below is an example of a meal plan. Each Client varies. Each client's body varies. For custom food plans contact brugmethod@gmail.com to fit your needs. Thank you.

## Sustenance

### Meal One (8:00 - 9:00)

3 - Whole Eggs

2 - Turkey Bacon

1/2 cup- Rice

### Meal Two (12:00)

6oz- Ground Beef

1 cup-Green Bean

1/2 cup- Rice

Snack

Chocolate Rice Cakes

### Meal Three (16:00-17:00)

4 - oz - Chicken Breast

1 cup - Green Bean

1/2 cup - Rice

Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.



# Day 5

## (Leg) C.C.M.R'S

Run 3 - 4 Rounds

	Type	C.C.M.R's	REPS / Min	WEIGHT LEVEL
1	Alpha	STANDARD SQUATS	6 - 8	Mild -> Heavy
2	Beta	SISSY SQUATS	10	Body Weight
3	Beta	SQUAT JUMPS	10	Body Weight
4	Beta	AIR SQUATS	10	Bodyweight / Explode

Take a 1 - 2 minute break

# Run 3 - 4 Rounds

	Type	C.C.M.R's	REPS / Min	WEIGHT LEVEL
1	Alpha	BARBELL LUNGES	10	Mild
2	Beta	SISSY SQUATS	10	Body Weight
3	Beta	SUICIDES	1min	Cardio / Explosive
4	Beta	AIR SQUATS	10	Bodyweight

Take a 1 - 2 minute break

# Run 3 - 4 Rounds

	Type	C.C.M.R's	REPS / Min	WEIGHT LEVEL
1	Alpha	DUMBBELL WIDE - STANCE BOX SQUATS	10	Mild --> Heavy
2	Beta	BOX JUMPS	5	Body Weight
3	Beta	LATERAL LUNGES	6 (each side)	Body Weight
4	Beta	SISSY SQUATS	10	Body Weight