



# Day 5

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

### Run 3 - 4 Rounds

1

Type

Alpha

C.C.M.R's

STANDARD SQUATS

REPS / Min

6 - 8

WEIGHT LEVEL

Mild -> Heavy

2

Type

Beta

C.C.M.R's

SISSY SQUATS

REPS / Min

10

WEIGHT LEVEL

Body Weight

3

Type

Beta

C.C.M.R's

SQUAT JUMPS

REPS / Min

10

WEIGHT LEVEL

Body Weight

4

Type

Beta

C.C.M.R's

AIR SQUATS

REPS / Min

10

WEIGHT LEVEL

Bodyweight / Explode

Take a 1 - 2 minute break