

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