

# Run 3 - 4 Rounds

**Type**

ALPHA

**C.C.M.R's**

STANDARD BENCH PRESS (BB)

**REPS Sec / Min**

6 - 8

**WEIGHT LEVEL**

Heavy

**Type**

BETA

**C.C.M.R's**

BANDED PUSH-UPS

**REPS Sec / Min**

10

**WEIGHT LEVEL**

Light --> Mild

**Type**

BETA

**C.C.M.R's**

DIPS

**REPS Sec / Min**

10

**WEIGHT LEVEL**

Body Weight

**Type**

BETA

**C.C.M.R's**

SUICIDES

**REPS Sec / Min**

1min

**WEIGHT LEVEL**

Cardio / Explosive