

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.”