

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!!