

Run 3 - 4 Rounds

1

Type

Alpa

C.C.M.R's

DEADLIFTS

REPS/Min

6-8

WEIGHT LEVEL

Mild

2

Type

Beta

C.C.M.R's

WIDE-GRIP PULLUPS

REPS/Min

10

WEIGHT LEVEL

BodyWeight

3

Type

Beta

C.C.M.R's

ASSAULT BIKE

REPS/Min

2min

WEIGHT LEVEL

Intense Cardio

4

Type

Beta

C.C.M.R's

RESISTANCE BANDS ROWS

REPS/Min

12

WEIGHT LEVEL

Light

Take a 1 - 2 minute break