



# Day 3

## Chest CCMRs

### Run 6 Rounds

Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
ALPHA	DUMBBELL PRESS	6 - 8	Mild -> Heavy
Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
BETA	RESISTANCE BAND FLYES	10	Light -> Mild
Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
BETA	BURPEES	10	Explosive Movement
Type	C.C.M.R's	REPS Sec / Min	WEIGHT LEVEL
BETA	PUSHUPS	10	BodyWeight

Take a 1 - 2 minute break