



DATE: 11-13-23
 FORMAT: Supernova

STRENGTH Side

Focus: Chest/Core

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ALT Chest Press on TC *Increase reps by 2 each round*	<12	15-30	35+
8	8	8	Decline Chest Press on TC *Increase reps by 2 each round*	<12	15-30	35+
5	5	5	Commander Push Ups on TC	-	-	-
10	10	10	ISO Chest Fly on TC *Increase reps by 2 each round*	<10	12-20	25+
8	8	8	Hip Dips on TC	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	1:1 KB Clean/KB Press	<15	20-30	35+
8	8	8	KB Figure 8	<15	20-30	35+
10	10	10	Pull Ups	ASST	ASST	Rig
7	7	7	OTH SB Walking Lunge	Holding Wallball	Lt/hvy	Stone

Bike Protocol:

Bike Abbreviations
OOS – Out Of Saddle
S – Seated
SP – Sprint
C – Climb
TC –Trainer’s Choice
(Sprint, Climb, Tier etc..)
No CHALLENGES on TC
LMAO – Last Minute All Out
CEC- Class Energy Challenge
CDC- Class Distance Challenge
CCC- Class Calorie Challenge
AFAP- As Far/Fast as Possible
EMOM- Every Minute on the Minute
EHM- Every Half Minute
RR= Recovery Ride

Time	Type	L1	L2	L3
Bike Ride- 4mins				
2:00	CDC- switch OOS/S every 0:30			
	TC			
Bike Ride- 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride- 6mins				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			

Format & Rotation Options

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

Recovery Protocol:

Lying Arm Reach
Lying Spinal Twist
Cobra/Down Dog (2x)
Arm Across Stretch
Hand Behind Back