



DATE: 11-15-23
 FORMAT: Monsoon

STRENGTH Side

Focus: Back/Core

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
8	8	8	Single Arm Deadlift	<20	25-40	45+
8	8	8	Renegade Row on BOSU	<10	12-20	25+
10	10	10	Arms Up Crunch on BOSU	<10	12-20	25+
			2nd 6 Mins:			
12	20	20	BOSU Back Extension	-	-	-
8	8	8	Obliques	-	-	-
12	12	12	Pronated Grip Row	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
50	75	100	Jump Rope	-	-	-
20	20	20	SB Hip Thrust on Box	Lt	Hvy	stone
12	20	20	KB Russian Swing	<15	20-35	40+
5	5	5	Broad Jump/High Knees Back	-	-	-

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: 1 st 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 nd 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 rd 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 th 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

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:

Seated Glute Stretch
Lying Leg Raise
Palm Press
Cat/Cow (2x)
Hand on Head Twist