



DATE: 11-16-23
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Triceps/Biceps

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
10	10	10	45 Degree Curls	<10	12-20	25+
8	8	8	Diamond Push Ups	Knees	Toes	toes
10	10	10	Hammer Curls	<10	12-20	25+
10	10	10	Skull Crushers	<10	12-20	25+
			2 nd 8 Mins:			
10	15	15	Kickbacks	<10	12-15	20
5	5	5	HWH Curls	<10	12-15	20
10	15	15	OTH Extensions	<15	20-35	40+
8	8	8	ISO Bicep Curls	<10	12-15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	SB Back Squat	Lt	Hvy	Hvy
10	15	15	Crossbody Mtn. Climbers	-	-	-
5	8	8	SB Burpee Snatch	Lt	Hvy	hvy
5	8	8	Stone Squat and Throw	Lt	Hvy	hvy

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 8mins				
	TC			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat previous			
	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:

Lyind Down Internal Twist and Reach
Standing Triceps Extend and Reach
Standing Quad Stretch
Standing Hamstring w Toes Up
Heel Press (2x)