



DATE: 11-27-23
FORMAT: Monsoon

STRENGTH Side

Focus: Chest/Back (Power)

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins: Each Round, decrease reps by 2, increase weight by 5lbs			
10	10	10	Chest Press on TC	<15	20-35	40+
10	10	10	Chest Fly on TC	<10	12-20	25+
10	10	10	Decline Chest Fly on TC	<10	12-20	25+
			2nd 6 Mins: Each Round, decrease reps by 2, increase weight by 5lbs			
10	10	10	Deadlift/Shrug	<15	20-35	40+
10	10	10	Pronated Grip Row	<10	12-20	25+
10	10	10	Rotational Rows	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Commander Climbers	-	-	-
10	15	15	Box Jumps	16"	20"	24"
8	8	8	MYO Single Arm Row	-	-	-
10	15	15	Jumping Wallball	8-12	16	20
10	15	15	MYO Muscle Ups	-	-	-

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				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 nd 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 rd 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 th 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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:

Seated Glute Stretch
Lying Down Internal Twist and Reach
Lying Arm Reach
Palm Press
Shoulder Extension