DATE: 11-06-23
FORMAT: Crazy 8's ** 1 Min Seated Distance Challenge **

STRENGTH Side
Focus: Back/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
12	12	12	Lateral Raise	<8	10-15	20+
8	8	8	Arnold Press	<12	15-25	30+
8	8	8	Upright Row	<12	15-25	30+
			2nd 8 Mins:			
12	12	12	Reverse Fly	<10	12-20	25+
8	8	8	Supinated Row	<12	15-25	30+
8	8	8	Deadlift	<20	25-40	45+

HIIT Side
Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Slamballs	15	15	20
10	15	15	Air Jacks	-	-	-
10	15	15	SB Snatch	Lt	Lt	hvy
10	12	15	MYO Muscle Ups	-	-	-

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1st 8mins				
1:00	Distance Challenge, seated			
	TC			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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

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
Arm Across Stretch
Cat (2x)
Standing Hamstring with Toes Up