



DATE: 12-11-23
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back Superset

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| | | | **Repeat twice before moving on | | | |
| 12 | 12 | 12 | Incline Chest Fly on TC | <12 | 15-25 | 30+ |
| 12 | 12 | 12 | Rear Delt Raise | <8 | 10-15 | 20+ |
| | | | **Repeat twice before moving on | | | |
| 10 | 10 | 10 | Incline Crush Press on TC | <15 | 20-35 | 40+ |
| 10 | 10 | 10 | Pronated Grip Row | <12 | 15-25 | 30+ |
| | | | **Repeat twice before moving on | | | |
| 10 | 10 | 10 | Decline Push Up on TC | - | - | - |
| 8 | 8 | 8 | Bear Renegade Row | <12 | 15-25 | 30+ |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|----------------------------------|------|-------|-----|
| 8 | 10 | 12 | KB Clean | <15 | 20-30 | 35+ |
| 8 | 8 | 8 | KB Handle Press/Back Lunge Combo | <15 | 20-30 | 35+ |
| 10 | 10 | 10 | Pull Ups | ASST | ASST | RIG |
| 10 | 10 | 10 | Heismans | - | - | - |
| 8 | 8 | 8 | MYO Y Raise | - | - | - |

Bike Protocol:

| Bike Abbreviations | | Time | Type | L1 | L2 | L3 |
|---|--|------|------|----|----|----|
| 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 | | | | | | |
| 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 | | | | | | |

| Time | Type | L1 | L2 | L3 |
|----------------------------------|---|-----|-----|-----|
| Bike Ride: 1 st 8mins | | | | |
| AFAP | Distance Challenge | 0.5 | 0.6 | 0.8 |
| | TC | | | |
| | LMAO | | | |
| | | | | |
| Bike Ride: 2 nd 8mins | | | | |
| AFAP | Distance Challenge (beat previous time) | 0.5 | 0.6 | 0.8 |
| | TC | | | |
| | LMAO | | | |
| | | | | |

Recovery Protocol:

| |
|-------------------------------------|
| Seated Glute Stretch |
| Lying Down Internal Twist and Reach |
| Lying Arm Reach |
| Cobra/Down Dog |
| Hand on Head Twist |