



DATE: 12-15-2023
 FORMAT: Monsoon

STRENGTH Side

Focus: Core & Lower Body Power

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
7	7	7	DB Back Lunge Haybaler	<10	12-20	25+
5	5	5	Sumo Goblet Squat	<20	25-40	45+
7	10	12	PLYO Sprinters Lunge	-	-	-
			2nd 6 Mins:			
10	12	15	Arms Up Crunch on BOSU	-	-	-
10	12	15	Hip Dips on BOSU	-	-	-
5	5	5	ALT OTH Back Lunge w DB	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	15	15	American KB Swing	<20	25-40	45+
5	5	5	KB SCP	<20	25-40	45+
10	15	15	Slamballs	15+	15+	15+
10	20	10	Reverse Crunches	-	-	TTB
7	7	7	MYO Pistol Squat	-	-	-

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	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	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:

Standing Hamstring with Toe Up
 Standing Figure 4 and Bend
 Palm Press
 Lying Leg Raise
 Seated Glute Stretch