



DATE: 12-22-23
FORMAT: Crazy 8's

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
8	8	8	Curtsey Split Squat	-	<15	20+
25	25	25	Hip Bridges	Weighted	Weighted	weighted
8	8	8	Goblet Sumo Squat	<15	20-35	40+
			2nd 8 Mins:			
8	8	8	B Stance RDL	<15	20-35	40+
15	15	15	Hip Bridges (+ 10lbs more than previous round)	Weighted	Weighted	weighted
10	10	10	Lateral Lunges	-	<15 (goblet)	20+ (goblet)

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Floor Tap Jack	-	-	-
10	15	15	Jumping Step Ups	-	-	-
2	2	3	5:5 Crossbody Mtn. Climbers/Candlesticks	-	-	-
10	15	15	SB Back Squat	Lt	Lt	Hvy
4	4	4	DAB SB Drag	Lt	Lt	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			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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:

Lying Down Figure 4
Sprinter/Hamstring Flow
Side Lying Knee Bend
Seated Glute Stretch
Cat/Cow