



DATE: 12-30-23
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
15	15	15	Incline Crush Press on TC	<12	15-25	30+
10	10	10	Chest Fly on TC	<12	15-25	30+
10	10	15	Decline Push Ups on TC	Knees	Toes	Toes
			2nd 8 Mins:			
10	10	10	DB Row on TC	<12	15-30	35+
15	20	20	Back Ext. on TC	-	-	-
10	10	10	Supinated Row	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	10	10	KB Snatch	<15	20-25	30+
10	10	12	SB Good Mornings	Lt	Hvy	Hvy
10	12	12	SB Front Squat	Lt	Hvy	Hvy
8	10	12	MYO Muscle Ups	-	-	-
8	10	12	MYO Skull Crushers	-	-	-

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: 1st 8mins				
	TC			
0:30	CEC, complete 2x try to beat 1st			
	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

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:

Sprinter/Hamstring Flow
Lying Down Internal Twist and Reach
Lying Arm Reach
Palm Press
Shoulder Extension