



DATE: 12-5-23  
FORMAT: Monsoon

### STRENGTH Side

Focus: Arms/Core

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
8	8	8	Crossbody Hammer Curls	<10	12-20+	L2 + on TC
7	7	7	HWH Curls	<10	12-20+	L2 + on TC
7	7	7	ISO Curls	<10	12-20+	L2 + on TC
10	10	10	Knees to elbow on TC	-	-	-
			<b>2<sup>nd</sup> 6 Mins:</b>			
10	10	10	DB Skull Crushers	<10	12-20	25+
15	15	15	Triceps DB Press on TC	<10	12-30	35+
7	10	12	Triceps Push Ups on TC	-	-	-
10	10	10	Straight Arm Sit Ups on TC	<10	12-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	1:1 Broad Jump/Box Jump (Shuffle Back)	16"	20"	24"
8	10	12	Pike Shoulder Tap (ft on Box)	16"	20"	24"
8	10	12	Wallballs	8-12	16	20
10	12	15	Hand Knee Crossovers	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 6mins				
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 3 <sup>rd</sup> 6mins				
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	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:

Lyind Down Internal Twist and Reach
Standing Triceps Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach