



DATE: 1-11-24  
FORMAT: Monsoon

### STRENGTH Side

Focus: Arms/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
8	10	15	Tricep Push Ups	Knees	Toes	Toes
12	15	20	ALT Hammer Curl *high rep	<12	15-20	25+
12	15	20	OTH Ext *high rep	<12	15-20	25+
			<b>2<sup>nd</sup> 6 Mins:</b>			
10	10	10	Upright Row	<12	15-20	25+
10	10	10	Lateral Raise	<12	15-20	25+
10	10	10	ALT Snatch	<12	15-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 Wallball Russian Slams/Full Sit Ups	8	12-16	20
10	10	10	Heismans	-	-	-
40	50	60	ALT BR	-	-	-
6	8	10	MYO Pistol Squat	-	-	-
6	8	19	MYO Clutch Curls	-	-	-

#### 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 <sup>st</sup> 6mins				
3:00	S Sprint- 0:30 on same gear, increasing RPM’s by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM’s by 10 every 0:10/RR 0:30 (complete 3x)			
Bike Ride: 3 <sup>rd</sup> 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 <sup>st</sup> group High MPH, 2 <sup>nd</sup> group RR.			
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 <sup>st</sup> group High Watts, 2 <sup>nd</sup> group RR.			

#### 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:

Side to Side Neck Flow/Up and Down Neck Flow  
Arm Across Stretch  
Pigeon Pose  
Side Reach  
Bear Hug Stretch/Palm Press