



DATE: 1-24-24

FORMAT: Crazy 8's **LEVEL UP DAY!!! Encourage every member to level up today on their reps, weights or both!**

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Squat Press	<15	20-25	30+
10	15	20	Weighted Sit Ups	<15	20-25	30+
10	15	20	Tricep DB Press	<15	20-25	30+
10	15	20	Deadlifts	<20	25-35	40+
10	15	20	Center Hold Squat	<20	25-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Slamballs	15	20-30	40
10	15	20	Russian Twist w/ KB	<10	15-20	25+
15	20	25	SB Clean	Lt	Hvy	Hvy
6	8	10	Pull Ups	Parallel Row	Asst	Rig
10	15	20	MYO Chest Press	-	-	Ft at rig

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			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMs 90+	RPMs 100+	RPMs 110+
	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 Figure 4 and Bend
Sprinter/Hamstring Flow
Pigeon Pose
Crossbody IT Band Stretch
Side Lying Knee Bend