



DATE: 1-31-24
 FORMAT: Monsoon

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6	8	8	Suitcase Swings	<10	12-25	20+
6	8	10	ALT Bicep Curl	<10	15	20+
4	6	6	Push Up 2 Snatch (ea)	<10	15	20+
			2nd 6 Mins:			
8	10	12	Wallball Hamstring Curl	-	-	-
6	8	19	ALT Skull Crushers	<10	12	15+
4	6	6	Deadlift/Shrug *heavy*	<20	25-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	KB Snatch	<15	20	20+
6	8	8	MYO Pistol Squat	b-stance	-	-
6	8	10	Pull Ups	MYO high row	Asst	Rig
5	10	10	KB Yo-Yo	<15	20	25+
10	15	15	Shoulder Taps (ea)	-	-	-

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 6mins				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 nd 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 rd 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 th 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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:

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