



DATE: 1-8-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
5	5	5	Chest Press on TC *heavy*	<25	30-45	50+
12	12	12	ALT Chest Fly on TC	<15	20-30	35+
10	10	10	Straight arm pull throughs	<15	20-30	35+
			2nd 8 Mins:			
12	12	12	Reverse Fly on TC	<15	20-30	35+
8	8	8	Single Arm Pronated Row on TC	<25	30-45	50+
5	5	5	Incline Chest Press on TC *heavy*	<25	30-45	50+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	10:10 BR/ALT BR	-	-	-
8	8	8	KB Double Double	<15	20-35	40+
6	8	8	SB Snatch	Lt	Lt	hvy
1	2	2	DAB SB Drag w 5 Push Ups on B.E.	Lt	Lt	hvy
4	5	6	2:2 Wallballs/Yo-Yos	8	12-16	20

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat 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:

Side Reach
Heel Press
Butterfly Stretch
Cat/Cobra
Sprinters Rotational Stretch