



DATE: 2-22-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Arms & Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
10	12	12	45 Degree Curl	<10	12-20	25+
10	12	12	Single Arm Kickbacks	<10	12-15	20+
8	8	8	ALT ISO Curl	<10	12-15	20+
			2nd 8 Mins:			
12	12	12	Skull Crushers	<12	15-20	25+
10	10	10	Front Loaded Hammer Curls	<12	15-20	25+
10	10	10	Tricep Push Ups	Knees	Toes	Elevated

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	KB Row Row Swing	<15	20-25	30+
50	50	50	Jump Rope	Single	Alt	DBLU
6	8	8	KB Halo (ea)	<15	20-25	30+
10	12	10	SB Front Squat	Lt	Lt	Hvy
8	8	8	Chin Ups	MYO High Row	Asst	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			
0:30	CEC, complete 2x try to beat 1st			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2 nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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:

Lying Down Internal Twist and Reach
 Standing Triceps Extend and Reach
 Sprinter/Hamstring Flow
 Bear Hug Stretch/Butterfly Stretch
 Side Reach