



DATE: 2-26-24
FORMAT: Monsoon

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins: (Glutes)			
15	12	10	Hip Thrust on TC	BW	15-25	30+
10	10	10	Weighted Sprinters Lunge	<10	15-20	25+
15	12	10	Suitcase Swings	<10	15-25	30+
			2nd 6 Mins: (Quads)			
8	8	8	TC Quad Burners	BW	10-15	20+
12	12	12	Racked Squat on TC	<10	15-20	25+
20	20	20	Goblet Pulse Squats	<10	15-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Skaters w Wallball (ea)	8	12-16	20
30	40	60	BR In and Outs	-	Fast	Faster
8	10	12	Spider Climbers (ea)	-	Fast	Faster
6	8	8	Lateral SB Step Ups	Lt	Lt	Hvy
8	10	12	Squat Drops	-	Fast	Faster

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 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 nd 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 rd 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 st group High MPH, 2 nd group RR.			
	TC			
Bike Ride: 4 th 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 st group High Watts, 2 nd 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:

Seated Glute Stretch
Lying Down Figure 4
Lying Down Hamstring Pull
Sprinter Stretch
Cobra/Downdog