



DATE: 2-2-24
 FORMAT: Crazy 8's **ORA**

STRENGTH Side

Focus: Lower Body/Abs Endurance

L1	L2	L3	Exercise:	L1	L2	L3
25	30	40	Sumo Goblet Squats	<15	20-25	30+
25	30	40	Straight Arm Sit Ups	BW	Weighted	Weighted
25	30	40	RDL	<15	20-25	30+
25	30	40	Butterfly Sit Ups	-	-	Weighted
25	30	40	Wipers (ea)	-	-	-
25	30	40	OTH Split Squat (ea)	-	<10	12-15

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	KB Clean (ea)	<15	20	20+
25	35	40	SB Bear Hug Squat	Lt	Lt	Hvy
20	25	30	Step Ups	-	Weighted	Weighted
3	4	5	10:10 MYO Bicep Curls/Mtn. Climbers	-	-	-
20	30	40	Jumping Lunges w/ Wallball	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: 1 st 8mins				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
AFAP	Distance Challenge (beat previous time)	0.5	0.6	0.8
	TC			
	LMAO			

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 Lying Knee Bend
 Lying Spinal Twist
 Hand Behind Back
 Arm Across Stretch
 Cobra/Down Dog