



DATE: 2-9-24
FORMAT: Monsoon

STRENGTH Side

Focus: Chest Back Burn Out

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6	8	10	Reverse Fly on TC	<10	12-20	25+
4	6	6	Single Arm Deadlift *heavy*	<20	25-35	40+
6	8	8	TC Push Up Rock n Row (total)	-	-	+2 p.u.
			2nd 6 Mins:			
6	10	10	Decline Push Up on TC	Knees	Toes	+diamond
6	8	8	Crush Press on TC *heavy*	<20	25-30	35+
8	8	8	Single Arm Chest Fly	<10	15-20 + TC	25+ TC

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Box Jumps	16"	20"	24+
8	8	8	Cross Body Mtn Climbers	-	-	-
4	8	8	Lateral SB Step Ups	Lt	Lt	Hvy
4	6	6	SB Burpee Rover	Lt	Lt	Hvy
2	4	4	Lateral Shuffle Tap (DAB)	-	Weighted	Weighted

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				
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 2 nd 6mins				
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 3 rd 6mins				
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
Bike Ride: 4 th 6mins				
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double 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:

Bear Hug Stretch/Butterfly Stretch
Lying Down Internal Twist and Reach
Sprinters Stretch
Side Lying Knee Bend
Side to Side Neck Flow/Up and Down Neck Flow