



DATE: 3-13-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Arm Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins: **Heavy**			
8	8	8	Upright Row	<12	15-20	25+
8	8	8	Cobra Push Ups	Knees	Toes	toes
8	8	8	Hammer Curls	<12	15-20	25+
			2 nd 8 Mins: **High Reps**			
12	15	12	ALT Skull Crushers	<10	12-15	20+
15	15	15	HWH Curl	<10	12-15	20+
15	15	15	DB Shoulder Press	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	MYO Knee Tucks	-	Pike	Atomic
8	8	8	Box Jumps	16"	24"	Single Leg
16	16	16	KB Walking Hooper (total)	<15	20-25	30+
5	5	8	1:1 KB Snatch/KB Upright Row	<15	20-25	25+
2	3	3	5:5 MYO Chest Press/MYO Skull Crushers	-	-	Ft @ 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			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMs 90+	RPMs 100+	RPMs 110+
	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:

Lying Spinal Twist
Heel Press
Side to Side Neck Flow/Up and Down Neck Flow
Side Reach
Standing Hamstring with Toe Up