



DATE: 3-19-24  
FORMAT: Monsoon

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise: **HEAVY**	L1	L2	L3
			1 <sup>st</sup> 6 Mins:			
10	12	12	Incline Crush Press on TC	<15	20-25	30+
10	12	12	Chest Fly on TC	<10	15-20	25+
10	12	12	Chest Press on TC	<15	20-25	30+
			2 <sup>nd</sup> 6 Mins:			
10	12	12	Pronated Row on TC	<20	25-35	40+
8	8	8	Deadlift	<20	25-35	40+
8	8	8	Kneeling Single Arm Upright Row (ea)	<10	12-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	Atomic Broad Jump	8	12-16	20
6	8	8	Single Leg Burpees	-	-	2 p.u.
2	3	3	DAB SB Drag	Lt	Lt	Hvy
12	12	12	Pull Ups	Parallel row	Asst	Rig

### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 6mins				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 <sup>rd</sup> 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	TC			

### 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

### 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 Leg Raise  
Crossbody IT Band Stretch  
Cat/Cow  
Hand on Head Twist