



DATE: 3-22-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
4	6	6	Man Makers	<10	12-20	25+
10	16	20	ALT Push Ups on BOSU (total)	Knees	-	-
15	25	30	BOSU Back Extension *high rep*	-	-	-
			2nd 8 Mins:			
12	16	20	Gorilla Cleans (total)	<10	12-15	20+
8	10	10	Woman Creators (ea)	<10	12-15	20+
12	12	12	Single Arm Chest Press on BOSU	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	ALT KB Russian Swings	15	20-30	35+
8	10	10	Single Arm KB Row	15	20-30	35+
6	8	8	OTS Stone Toss	Lt	Lt	Hvy
8	10	10	Burpee Box Jumps	16"	20"	24"+
12	15	15	MYO Muscle Ups	-	-	-

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: 1st 8mins				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
Bike Ride: 2nd 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 Reach
Heel Press
Butterfly Stretch

Cat/Cobra

Pigeon Pose
