



DATE: 3-2-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
12	10	8	Chest Press on TC	<15	20-25	30+
8	8	8	DB Row on TC *heavy	<20	25-35	40+
8	10	12	ISO Incline Chest Press on TC	<15	20-25	30+
20	20	20	Reverse Fly	<15	20-25	30+
			2nd 8 Mins:			
12	12	12	Decline Push Ups on TC	Knees	Toes	Toes
12	12	12	Back Ext on TC	-	Weighted	Weighted
20	20	20	Chest Fly on TC	<10	15-20	25+
8	8	8	Single Arm Pronated Row on TC *heavy	<20	25-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	KB SLDL	<15	20-30	35+
8	8	8	KB Clean	<15	20	20
8	10	12	MYO Hamstring Curl	-	-	-
1	2	2	5:5 Pull Ups/Chin Ups	Myo High row/Curl	Asst	Rig
30	40	50	Jump Rope	Single	Alt	DBLU

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat 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:
Lying Arm Reach
Palm Press/Down Dog
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pigeon Pose