



DATE: 3-30-24

FORMAT: Crazy 8's

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
8	8	8	Statue of Liberty	<10	12-20	25+
8	10	15	Diamond Push Ups	Knees	-	-
8	8	8	SMS Squat	BW	Goblet 12-15	Goblet 20+
			2 nd 8 Mins:			
8	8	8	B-Stance RDL	<15	20-30	35+
8	10	12	Commander Push Ups (ea)	Knees	-	-
8	10	12	High Plank Kickbacks	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	5:5 SB Lateral Drag/Spider Climbers	Lt	Lt	Hvy
8	10	15	MYO Blast Off Squats	-	-	-
8	10	15	Toe Touches w Wallball	8	12-16	20
6	8	8	Swing to Back Lunge (ea)	<15	20-25	30+
4	6	6	Double Pump Burpee	-	-	-

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			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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:

Sprinters Rotational Stretch

Standing Triceps Extend and Reach

Standing Quad Stretch

Standing Hamstring w Toe Up

Heel Press