



DATE: 4-10-24

FORMAT: Crazy 8's

STRENGTH Side

Focus: Bicep/Tricep Burnout

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
10	10	10	Concentration Curl on Box	<10	12-15	20+
8	8	8	Spider Curl	<10	12-15	20+
6	6	6	Twisted Curl	<10	12-15	20+
			2 nd 8 Mins:			
8	8	8	Triceps Push Ups	Knees	-	-
10	10	10	High Plank Kickbacks	<10	12-15	20+
12	12	12	Box Dips	Knees Bent	Legs Straight	+ Weighted

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
6	6	8	KB Cleans	<15	20	20+
8	10	10	V-Ups w/ Wallball	8	12	16+
8	8	10	Single Arm KB Russian Swings	<20	25	25+
			2 nd 8 Mins:			
4	6	8	1:2 MYO Push Ups/MYO Knee Tucks	-	-	-
6	6	8	KB OTH Back Lunge	<20	25	25+
12	8	12	Hanging Knee Raises	Reverse Crunches	Rig	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			
0:30	CEC, complete 2x try to beat 1st			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2 nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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:

Pronated Press and Rotate
 Standing Triceps Extend and Reach
 Sprinter/Hamstring Flow
 Bear Hug Stretch/Butterfly Stretch
 Side Reach