



DATE: 4-12-24  
FORMAT: Inferno

**\*\*\* 5 Minute Warm Up TiC:** Jumping Jacks/Squat Jumps/Alt Back Lunges/Skaters/Heel Kicks

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
10	10	12	Goblet Squat	<12	15-20	25+
10	10	10	ALT Step Ups	BW	<15	20+
			2 <sup>nd</sup> 15 Mins:			
10	10	10	Bulgarian Split Squat on Box	BW	<20	25+
8	8	8	Single Leg Stand Up (weighted)	BW	<15	20+
			3 <sup>rd</sup> 15 Mins:			
8	8	10	Single Arm OTH Squat	<10	10-15	20+
12	15	20	Hip Thrust on Box	Bw	<15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
2	3	3	DAB SB Drag	Lt	Lt	Hvy
6	7	8	1:1 SB Clean/ALT SB Front Lunge	Lt	Lt	Hvy
			2 <sup>nd</sup> 15 Mins:			
30	40	50	ALT Hammer BR	-	-	-
20	30	40	ALT BR Jump Lunges	-	-	-
			3 <sup>rd</sup> 15 Mins:			
12	15	20	MYO Chest Press	-	-	-
8	8	8	Kneeling Wall Balls	8	12-16	20

### 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

### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1 <sup>st</sup> 15 Mins:	Standing Distance	.4	.5	.6
2 <sup>nd</sup> 15 Mins:	Seated Energy	8	12	15
3 <sup>rd</sup> 15 Mins:	Seated Distance	.3	.4	.5

### 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:

Pigeon Pose  
Crossbody IT Band Stretch  
Arm Across Stretch  
Seated Glute Stretch  
Sprinter's Stretch