



DATE: 4-23-24
 FORMAT: Monsoon

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
8	10	10	ALT Back Lunges	BW	<15	20+
8	10	10	Lateral Split Stance Row	<10	12-20	25+
8	10	10	Racked Squat	<10	12-20	25+
			2nd 6 Mins:			
10	12	15	Leg Raises	-	-	-
5	6	7	Swing Squat Complex	<10	12-15	20+
8	10	10	Split Squat	BW	<15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Wallball Russian Slams (ea)	8	12-16	20
10	12	12	Wallballs	8	12-16	20
6	8	8	Slammer Jammers	15	20	25+
8	10	10	SB Clean	Lt	Lt	Hvy
10	10	10	American KB Swings	<15	20-25	30+

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 6mins				
3:00	S Sprint- 0:30 on same gear, increasing RPM’s by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
Bike Ride: 2 nd 6mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM’s by 10 every 0:10/RR 0:30 (complete 3x)			
Bike Ride: 3 rd 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 st group High MPH, 2 nd group RR.			
	TC			
Bike Ride: 4 th 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 st group High Watts, 2 nd group RR.			

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 Lying Knee Bend
Lying Spinal Twist
Sprinters Rotational Stretch
Lying Down Figure 4
Butterfly Stretch