



DATE: 4-30-24

FORMAT: Crazy 8's **LEVEL UP DAY**

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
15	20	25	1.5 Goblet Squat	<15	20-30	35+
12	15	20	ISO Chest Fly	<12	15-20	25+
8	10	12	Man Makers	<12	15-20	25+
			<b>2<sup>nd</sup> 8 Mins:</b>			
10	12	15	Wipers (ea)	<12	20	25
12	15	20	Push Press	<15	20	25+
12	15	20	Rear Delt Raise	<12	15-20	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	KB Russian Swings	<20	25-35	40+
15	20	25	Box Jumps	16"	20"	24"
15	20	25	MYO Chest Press	-	-	-
10	12	15	SB Shoulder Squat (ea)	Lt	Lt	Hvy
4	5	6	10:10 ALT Hammer BR/Hammer BR	-	-	-

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 <sup>st</sup> 8mins				
	TC			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 <sup>nd</sup> 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMs 90+	RPMs 100+	RPMs 110+
	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:

Pronated Press and Rotate

Arm Across Stretch

Hand Behind Back

Standing Triceps Extend and Reach

Bear Hug Stretch