



DATE: 4-6-24  
FORMAT: Monsoon

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 6 Mins: *high reps			
15	15	15	Incline Chest Fly on BOSU	<10	12-15	20+
15	15	15	Back Extensions	-	-	-
15	15	15	Chest Press on BOSU	<10	12-15	20+
15	15	15	Renegade Row on BOSU	<10	12-15	20+
			2 <sup>nd</sup> 6 Mins: *heavy			
8	8	8	Incline Chest Fly on BOSU	<12	15-20	25+
8	8	8	Back Extensions	<12	15-20	25+
8	8	8	Chest Press on BOSU	<12	15-20	25+
8	8	8	Renegade Row on BOSU	<12	15-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Box Jumps	16"	20-24"	Single Leg
6	8	8	KB Statue of Liberty	<15	20	25+
8	10	12	Heismans	-	-	-
8	10	10	OTS Stone Toss	Lt	Lt	Hvy
1	2	2	8:8 MYO Mtn Climbers/MYO Knee Tucks	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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> 6mins				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 <sup>rd</sup> 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 <sup>th</sup> 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	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:

Sprinter/Hamstring Flow
Lying Down Internal Twist and Reach
Lying Arm Reach
Palm Press
Shoulder Extension