



DATE: 5-14-24
FORMAT: Inferno

***** 5 Minute Warm Up TiC:** (5 exercises) Jumping Jacks/Air Squats/Alt Back Lunges/Heel Kicks/High Knees

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
6	8	8	Offset Goblet Squat on BOSU	<15	20-30	40+
6	8	8	Split Squat	BW	<15	20+
			2 nd 15 Mins:			
6	8	8	1.5 DB RDL	<10	12-20	25+
6	8	8	SMS Squat	BW	<20	25+
			3 rd 15 Mins:			
7	7	7	Racked Squats	<20	25-35	40+
6	8	8	Lateral BOSU Hops (ea)	BW	Weighted	Weighted

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
12	15	20	Plank Jacks	-	-	-
8	10	10	KB Russian Swings	<15	20	20+
			2 nd 15 Mins:			
30	40	50	ALT BR	-	-	-
5	5	5	ISO Shoulder Squat with Stone	LT	LT	HVY
			3 rd 15 Mins:			
8	8	8	MYO Parallel Rows	-	-	-
10	12	20	KB Walking Hooper (TOTAL)	<15	20	25+

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 st 15 Mins:	Seated Distance	0.3	0.4	0.5
2 nd 15 Mins:	Standing Energy	5	10	15
3 rd 15 Mins:	Standing Distance	0.3	0.4	0.5

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:

Seated Glute Stretch
Lying Down Figure 4
Lying Down Hamstring Pull
Pigeon Pose
Cobra/Downdog