



DATE: 5-30-24
FORMAT: Inferno

***** 5 Minute Warm Up TIC:** (5 exercises) Squat Jumps/Jumping Jacks/Push-ups/Elbow Plank Hip Dips/In & Outs

STRENGTH Side

Focus: Push (Chest/Shoulder/Tri)

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
10	12	15	Wide Push Ups	Knees	-	Elevated
2	3	3	5:5 Incline Chest Press on BOSU/Incline Skull Crushers on BOSU	<10	12-15	20+
			2 nd 15 Mins:			
2	3	3	5:5 DB Chest Scoops/OTH Extension	<10	12-15	15+
2	3	3	5:5 Chest Fly on BOSU/Chest Press on BOSU	<10	15-20	25+
			3 rd 15 Mins:			
10	12	15	Diamond Push Ups	Knees	-	Elevated
10	12	15	DB Upright Row	<10	12-15	20+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
10	12	15	MYO Muscle Ups	-	-	-
10	12	15	Toe Touches w/Wallball	8	12-16	20
			2 nd 15 Mins:			
8	8	8	KB Snatch (ea)	<15	20	20+
10	12	15	MYO Skull Crushers	-	-	-
			3 rd 15 Mins:			
8	8	8	KB Pendulum Swing (ea)	<15	20	20+10
10	12	15	MYO Chest Press	-	-	-

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	.2	.4	.5
2 nd 15 Mins:	Standing Distance	.4	.5	.5
3 rd 15 Mins:	Energy Points	5	8	15

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