



DATE: 5-6-24
FORMAT: Monsoon

STRENGTH Side

Focus: Lower Body/Ab Blast

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6 Mins:			
8	8	8	Sprinters Lunge and Row	<10	12-15	20+
7	7	7	Racked Squats	<15	20-25	30+
6	6	6	SSLDL	<10	12-15	20+
5	5	5	Split Squat	<15	20-25	30+
			2 nd 6 Mins:			
10	10	10	Candlesticks	-	-	-
9	9	9	Russian Twists w DB	<8	10-20	25+
8	8	8	Weighted Sit Ups	BW	<15	20+
7	7	7	Jack Knives	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Commander Climbers	-	-	-
10	12	12	Box Jumps	16"	20"	24"+
10	12	15	MYO Muscle Ups	-	-	-
10	12	15	MYO Skull Crushers	-	-	-

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 nd 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 rd 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 th 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

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

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:

Standing Hamstring with Toe Up
Palm Press
Standing Figure 4 and Bend
Lying Leg Raise
Seated Glute Stretch