



DATE: 6-18-24

FORMAT: Sunny Day

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: Curtsy Split Squat (ea)	BW	<15	20+
6	8	10	B-Stance Goblet Squat (ea)	BW	<15	20+
8	12	12	Center Hold Squat	<15	20-30	35+
10	12	15	Wallball Hamstring Curl	-	-	-
6	8	10	Lateral Lunges	BW	<15	20+
3 Minutes			FINISHER: 4:4 ALT Sprinter's Lunge/High knees	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	STARTER: 5:5 MYO Bicep Curls/MYO High Row	-	-	-
12	12	12	Butterfly Sit Ups	-	-	-
1	2	3	DAB SB Drag	Lt	Lt	Hvy
12	12	15	MYO Roll Ins	-	-	-
12	12	15	MYO Y Raise	-	-	-
3 Minutes			FINISHER: Weighted Monster Walks w/ SB	Lt	Lt	Hvy

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:				
	STARTER: Energy	5	8	15
	TC			
	CEC- 0:30 OOS/0:30S/RR			
	CEC- 0:30 S/0:30 OOS/RR (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

Standing Figure 4 and Bend

Bear Hug Stretch/Butterfly Stretch

Sprinters Rotational Stretch

Sprinter/Hamstring Flow

Pigeon Pose