



DATE: 6-19-24
 FORMAT: Inferno

***** 5 Minute Warm Up TiC:** Jumping Jacks/Skaters/Squat Jumps/Commander Push Ups/V-Ups

STRENGTH Side

Focus: Bi/Tri/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
1	1	1	21's	<10	12-15	20+
10	12	12	45 Degree Curls	<10	12-15	20+
			2 nd 15 Mins:			
6	8	10	Side Lying Push Up	-	-	-
6	8	10	Pike Push Ups	-	-	-
			3 rd 15 Mins:			
10	10	10	Standing Preacher Curls	<8	10-12	15+
10	12	12	Supinated Front Raises	<8	10	10+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
2	3	4	1:5 MYO Plank Walk/Knee Tuck	-	-	-
1	2	3	5:2 Slamballs/Burpees	<15	20	20+
			2 nd 15 Mins:			
12	15	20	Box Dips	Bent knees	Straight leg	SB weighted
6	8	10	American KB Swings	<15	20-30	35+
			3 rd 15 Mins:			
8	10	12	KB Skull Crusher on Box/KB Pullover on Box	<15	20	20+
8	10	12	MYO Clutch Curl	-	-	-

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:	Energy Points, standing	5	10	15
2 nd 15 Mins:	Energy Points, seated	4	8	12
3 rd 15 Mins:	Distance, standing	0.2	0.2	0.3

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 Triceps Extend and Reach
- Lying Arm Reach
- Hand Behind Back
- Arm Across Stretch
- Crossbody IT Band Stretch