



DATE: 6-20-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
8	10	12	Bent Over Row	<15	20-25	30+
8	10	12	Suitcase Swings	<15	20-25	30+
6	8	10	ALT Push Ups on BOSU	-	-	-
			2 nd 8 Mins:			
10	12	12	Up and Overs	-	-	-
8	8	8	ALT Snatch	<10	12-15	20+
8	10	12	Kickbacks	<10	12	12+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	KB Pendulum Swing (ea)	<15	20	20+
1	2	3	10:10 Hammer BR/ALT Hammer BR	-	-	-
6	8	10	SB Snatch	Lt	Lt	Hvy
12	15	20	B2B Squat Jumps	-	-	-
6	8	10	KB Statue of Liberty	<15	20	20+

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: 1 st 8mins				
	TC			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat previous			
	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:

Side to Side Neck Flow/Up and Down Neck Flow
 Heel Press
 Pigeon Pose
 Side Reach
 Bear Hug Stretch/Palm Press