



DATE: 6-3-24
 FORMAT: Sunny Day

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	STARTER: 5:5 Bent Over Row/Shrugs	<15	20-25	30+
10	12	15	45 on BOSU	<10	12-20	25+
8	8	8	Jack Press	<10	12-20	25+
8	8	8	Front Lunge to Chest Scoops (ea)	<10	12-15	20+
2	3	3	BOSU Lateral Hops	BW	<15	20+
3 Minutes			FINISHER: 5:5 Gorilla Cleans/Squat Press	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	STARTER: 10:10 BR/ALT BR	-	-	-
4	5	6	KB Double Double	<15	20	25+
10	12	15	SB Snatch	Lt	Hvy	Hvy
2	3	3	DAB SB Drag w 5 Push Ups B.E.	Lt	Hvy	Hvy
3 Minutes			FINISHER: 5:1 Wallball/Yo-Yos	8	12-16	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:				
	STARTER: Energy	5	8	15
	TC			
	CDC- 0:30 OOS/0:30S/RR			
	CDC- 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:

Side Reach
 Heel Press
 Butterfly Stretch
 Cat/Cobra
 Sprinters Rotational Stretch