



DATE: 6-8-24

FORMAT: Crazy 8's **TIC 0:45/0:15**

***** Partner on the Circuits *****

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
			Partner A: Surrender Duo	Partner B: Pulse Squats	BW	<10
			Partner A: 3 Point Crunches	Partner B: Elbow Plank	-	-
			2nd 8 Mins:			
			Partner A: Sprinters Lunge and Row	Partner B: Hollow Body Hold	<10	12-15
			Partner A: Seated Shoulder Press	Partner B: DB OTH Hold	<10	12-15

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
			Partner A: Jump Rope	Partner B: Heel Kicks	-	-
			Partner A: KB Statue of Liberty	Partner B: Box Jumps	<15	20
			2nd 8 Mins:			
			Partner A: Kneeling Slam Balls	Partner B: Full Sit Ups	15	20
			Partner A: ISO Shoulder Squat w Stone	Partner B: ALT Jumping Lunges	Lt	Lt

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: 1st 8mins				
	TC			
0:30	CEC, complete 2x try to beat 1st			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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 Lying Knee Bend

Lying Spinal Twist

Sprinters Rotational Stretch

Lying Down Figure 4

Butterfly Stretch