



DATE: 7-16-24  
 FORMAT: Crazy 8's

### STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
10	12	15	Racked Squats	<12	15-20	25+
20	30	40	Bicycle Crunches (total)	-	-	-
4	6	6	Surrenders	BW	<10	12+
			<b>2<sup>nd</sup> 8 Mins:</b>			
12	15	20	Butterfly Sit Ups	-	-	-
6	8	8	Split Squat	BW	<12	15+
12	15	15	Sumo Goblet Squat	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
40	60	80	ALT BR on BOSU	-	-	Bubble Down
10	10	10	Lateral BOSU Hops, holding wallball	8	12-16	20
10	12	15	BOSU Flat Jack Situp	-	-	-
12	15	20	Wallballs	8	12-16	16-20
12	16	20	BR Russian Twists on BOSU	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 8mins				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
Bike Ride: 2 <sup>nd</sup> 8mins				
AFAP	Distance Challenge (beat previous time)	0.5	0.6	0.8
	TC			
	LMAO			

### 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:

Bear Hug Stretch/Butterfly Stretch
Side Lying Knee Bend
Lying Arm Reach
Crossbody IT Band Stretch
Sprinter's Rotational Stretch