



DATE: 7-18-24  
 FORMAT: Inferno

**\*\*\* 5 Minute Warm Up TIC:** Jumping Jacks, Skaters, Heel Kicks, ALT Jumping Lunges, Squat Drops

### STRENGTH Side

Focus: Bis/Tris/Abs

L1	L2	L3	Exercise: **high reps	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
12	15	20	Hammer Curls	<10	12-15	20+
12	15	15	Kneeling Slam Balls	15	20	25+
			2 <sup>nd</sup> 15 Mins:			
12	15	20	Skull Crushers	<10	12-15	20+
12	15	20	Tricep Push Ups	-	-	-
			3 <sup>rd</sup> 15 Mins:			
12	15	20	Weighted Full Sit Ups	BW	<10	12+
8	8	8	Wipers (ea)	<12	15-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ** high reps	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
15	20	20	MYO Bicep Curls (short MYO)	-	-	-
40	50	60	Hammer BR	-	-	-
			2 <sup>nd</sup> 15 Mins:			
10	12	15	MYO Skull Crushers (short MYO)	-	-	-
30	40	50	BR In and Outs	-	-	-
			3 <sup>rd</sup> 15 Mins:			
8	10	12	Wallball Sit Up & Toss	8	12-16	20
20	30	30	High Knees, holding Slam Ball	15	20	25+

### 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 <sup>st</sup> 15 Mins:	Standing Distance	.2	.4	.5
2 <sup>nd</sup> 15 Mins:	Seated Distance	.2	.3	.4
3 <sup>rd</sup> 15 Mins:	Standing Energy	10	15	20

### 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:

Sprinter’s Rotational Stretch  
 Standing Triceps Extend and Reach  
 Standing Quad Stretch  
 Bear Hug Stretch/Butterfly Stretch  
 Heel Press