



DATE: 7-1-24  
FORMAT: Monsoon

### STRENGTH Side

Focus: Total Body

| L1      | L2      | L3      | Exercise:               | L1    | L2    | L3   |
|---------|---------|---------|-------------------------|-------|-------|------|
|         |         |         | 1 <sup>st</sup> 6 Mins: |       |       |      |
| 6       | 8       | 10      | ALT Back Lunges         | BW    | <15   | 20+  |
| Failure | Failure | Failure | Push Ups                | Knees | Toes  | Toes |
| 8       | 10      | 12      | Arnold Press            | <12   | 15-20 | 25+  |
|         |         |         | 2 <sup>nd</sup> 6 Mins: |       |       |      |
| 10      | 12      | 15      | ALT Jumping Lunges      | -     | -     | -    |
| 8       | 10      | 12      | ALT Bicep Curls         | <10   | 12-15 | 20+  |
| 10      | 10      | 12      | Kneeling DB Y-Raise     | <8    | 10    | 10+  |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:   | L1   | L2    | L3   |
|----|----|----|-------------|------|-------|------|
| 12 | 15 | 15 | Wallballs   | 8    | 12-16 | 20   |
| 8  | 10 | 10 | Burpees     | Half | -     | -    |
| 4  | 6  | 6  | KB Row Duo  | <15  | 20    | 20+  |
| 10 | 12 | 12 | Box Jumps   | 16'  | 20'   | 24'+ |
| 8  | 8  | 8  | KB Hip Dips | <15  | 20    | 20+  |

### Bike Protocol:

| Time                             | Type                                                                                                                               | L1 | L2 | L3 |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----|----|----|
| Bike Ride: 1 <sup>st</sup> 6mins |                                                                                                                                    |    |    |    |
| 3:00                             | S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/ RR 0:30 (complete 3x)                                              |    |    |    |
|                                  | TC                                                                                                                                 |    |    |    |
|                                  |                                                                                                                                    |    |    |    |
| Bike Ride: 2 <sup>nd</sup> 6mins |                                                                                                                                    |    |    |    |
|                                  | TC                                                                                                                                 |    |    |    |
| 3:00                             | OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/RR 0:30 (complete 3x)                                             |    |    |    |
|                                  |                                                                                                                                    |    |    |    |
| Bike Ride: 3 <sup>rd</sup> 6mins |                                                                                                                                    |    |    |    |
| 2:00                             | Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 <sup>st</sup> group High MPH, 2 <sup>nd</sup> group RR.     |    |    |    |
|                                  | TC                                                                                                                                 |    |    |    |
|                                  |                                                                                                                                    |    |    |    |
| Bike Ride: 4 <sup>th</sup> 6mins |                                                                                                                                    |    |    |    |
|                                  | TC                                                                                                                                 |    |    |    |
| 2:00                             | Sprints- Split class in half (same groups as previous). Alternate 0:20 1 <sup>st</sup> group High Watts, 2 <sup>nd</sup> group RR. |    |    |    |
|                                  |                                                                                                                                    |    |    |    |

### 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

### 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:

Pronated Press and Rotate  
Arm Across Stretch  
Hand Behind Back  
Standing Triceps Extend and Reach  
Bear Hug Stretch