



DATE: 7-26-24  
FORMAT: Monsoon

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
2	3	4	5:5 Lateral BOSU Hops (ea) / Soccer Taps on BOSU (ea)	-	-	-
8	10	10	Crossbody Front Raise	<8	10-12	15+
3	4	5	3:1 Bent Over Row/Weighted Yo-Yo	<10	12-20	25+
			<b>2<sup>nd</sup> 6 Mins:</b>			
8	10	12	DB Pullover on BOSU	<10	12-20	25+
Failure	Failure	Failure	Push Ups	-	-	-
6	8	10	Weighted Back Lunge on BOSU	BW	<12	15+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	BR Slams	-	-	-
5	8	10	1:1:1 KB Russian Swing/American KB Swing/KB Upright Row	<15	20-25	25+
4	5	6	2:1 MYO Skull Crushers/MYO Roll Outs	-	-	-
20	30	40	BR In and Outs	-	-	-
6	8	10	Wallball Russian Twists	8	12-16	20
10	12	15	Wallball Roll Outs	-	-	-

### 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> 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 <sup>rd</sup> 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 <sup>th</sup> 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	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:

Seated Glute Stretch
Pigeon Pose
Palm Press
Cat/Cow
Hand on Head Twist