



DATE: 7-27-24

FORMAT: Sunny Day

### STRENGTH Side

Focus: Lower Body/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>STARTER:</b> SUSU Jump on TC	-	-	-
8	8	8	Racked Squats on TC	<8	10-15	20+
10	12	15	Straight Arm Sit Ups on TC *one weight*	<8	10-15	20+
8	8	8	Bulgarian Split Squat on TC	BW	<12	15+
10	12	15	Jack Knives on TC	-	-	-
3 Minutes			<b>FINISHER:</b> 10:10 Commander Push Ups on TC/Squat Jumps	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	2	<b>STARTER:</b> 5:5 Half Burpees/Crossbody Mtn. Climbers	-	-	-
8	10	12	1:1 Burpee/SB Snatch	Lt	Lt	Hvy
12	15	12	SB Front Squat	Lt	Lt	Hvy
30	40	60	Alt Jump Rope	-	-	-
8	10	12	MYO Pistol Squat	-	-	-
3 Minutes			<b>FINISHER:</b> 10:10 Wallball Hamstring Curls/KB RDL	<15	20-25	30+

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:				
	<b>STARTER:</b> Standing Energy, Gear 18+	4	8	12
	TC			
1:00	CEC- seated, RPMs OVER 90 (RR after)			
1:00	CEC- standing, RPMs OVER 65			
	LMAO			
(3 Mins)	<b>FINISHER:</b> TC			

#### 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:

Lying Down Internal Twist and Reach

Standing Triceps Extend and Reach

Arm Across Stretch

Hand Behind Back

Side Reach