



DATE: 7-6-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
8	8	8	Lunge/Step Up on BOSU	BW	<10	10+
10	10	10	Lateral BOSU Hops (ea)	-	-	-
12	12	12	Offset Goblet Squat on BOSU	<10	12-20	25+
			2nd 8 Mins:			
8	8	8	Racked Squats	<12	20-25	30+
10	10	10	DB RDL	<20	25-30	35+
12	12	12	Lateral Lunge	BW	<15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	ALT SB Step Ups	Lt	Lt	Hvy
10	12	12	Bulgarian Split Squats on BOX	BW	<15	20+
12	15	20	SB B2Ball Squats	Lt	Lt	Hvy
8	10	12	Kneeling Wall Balls	8	12-16	20

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: 1 st 8mins				
	TC			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMs 90+	RPMs 100+	RPMs 110+
	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:

Heel Press
Lying Leg Raise
Sprinter/Hamstring Flow
Side Lying Knee Bend
Pigeon Pose