



DATE: 7-8-24

FORMAT: Sunny Day **Energy Point Challenge**

STRENGTH Side

Focus: Shoulder and Ab Blast

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: Double Snatch w/ Squat Jump	<10	12-20	25+
6	8	10	ALT Lateral Raise	<8	10-12	15+
8	10	12	Candlesticks	-	-	-
8	10	12	Commander Push Ups	-	-	-
4	6	8	Side Plank Press	<8	10-12	15+
3 Minutes			FINISHER: Side Plank Hip Dips (switch sides at the 90 second mark)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: Plyo Step Ups	-	-	-
12	15	20	MYO Mtn. Climbers	-	-	-
8	12	15	Skaters	-	-	-
6	8	12	MYO Roll Ins	-	-	-
8	10	12	SB Burpee Snatch (total)	Lt	Lt	Hvy
3 Minutes			FINISHER: Plank Jacks			

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:				
	STARTER: Distance	0.2	0.3	0.3 gear 22+
1:00	Energy Point Challenge- AMAP			
	TC			
	CDC- 0:20 OOS/0:20 S/RR			
	CDC- 0:20 S/0:20 OOS (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

Side Lying Knee Bend
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/DownDog