



DATE: 8-15-24

FORMAT: Sunny Day

STRENGTH Side

Focus: Back/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	STARTER: Rotational Row	<10	12-20	25+
8	8	8	Push Press *heavy	<15	20-30	35+
8	8	8	Suitcase Swings	<15	20-30	35+
10	12	12	Bent Over Row	<10	12-20	25+
8	8	12	Pike Push Ups	-	-	-
3 Minutes			FINISHER: ALT Single Arm Squat/High Row	<8	10-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	STARTER: SB Snatch	LT	HVY	HVY
6	8	10	KB Yo-Yos	<15	20-25	30+
10	12	15	MYO Roll-Ins	-	-	-
10	20	30	Skaters (total)	-	-	-
10	12	12	KB Hip Dips	<15	20-25	30+
3 Minutes			FINISHER: KB Farmers Walk with 5 KB Deadlifts on BE	<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:				
	STARTER: Seated Energy	4	8	12
	TC			
	CDC- 0:30 OOS/0:30S/RR			
	CDC- 0:30 S/0:30 OOS/RR (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:

Shoulder Extension

Arm Across Stretch

Pigeon Pose

Crossbody IT Band Stretch

Bear Hug Stretch/Palm Press