



DATE: 8-1-24  
 FORMAT: Crazy 8's **ORA**

### STRENGTH Side

Focus: Back/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
20	25	30	ISO Shoulder Press (ea)	<10	12-15	20+
20	25	30	Deadlifts	<15	20-25	30+
20	25	30	Pronated Row	<10	12-15	20+
			<b>2<sup>nd</sup> 8 Mins:</b>			
20	25	30	Upright Row	<10	12-15	20+
12	15	20	ALT Renegade Row (ea)	<10	12-15	20+
20	25	30	Kneeling Slamballs	15	20	25+

### HIIT Side

Focus: HIIT/Back

L1	L2	L3	Exercise:	L1	L2	L3
100	150	200	Jump Rope	-	-	-
25	20	20	Chin Ups	MYO supinated row	Asst	Rig
50	70	80	Fast Jacks	-	-	-
15	20	25	Box Jumps	Any	Height	
20	25	30	MYO Y Raises	-	-	-
60	80	100	<b>OLYMPIC FINISHER:</b> Flutter Kicks (swimming)	Bronze	Silver	Gold

#### 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

#### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 8mins				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 <sup>nd</sup> 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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 to Side Neck Flow/Up and Down Neck Flow  
 Arm Across Stretch  
 Pigeon Pose  
 Crossbody IT Band Stretch  
 Bear Hug Stretch/Palm Press