Twisted Cycle

DATE: 8-20-24
FORMAT: Monsoon == Pedal for a Purpose Day 2 ==

STRENGTH Side
Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6	8	10	Commander Push Ups (ea)	-	-	-
6	8	10	ALT Chest Press on TC	<10	12-25	30+
6	8	10	ALT Chest Fly	<10	12-20	25+
			2nd 6 Mins:			
8	10	12	Tricep Push Up on TC	-	-	-
6	8	10	Elbow 2 Knee on TC	-	<8	10+
10	12	15	Jack Knives on TC	-	-	-

HIIT Side
Focus: Chest/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	American KB Swings	<15	20-30	35+
6	8	10	KB Chest Press	<15	20-25	30+
10	12	15	Spider Climbers	-	-	-
8	10	12	Incline Shoulder Taps (ft on box)	Off box	-	-
6	8	10	Push Up Toe Touch (total)	-	-	-

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

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

Bike Protocol:

Time	Type	L1	L2	L3
	Bike Ride: 1st 6mins			
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
	Bike Ride: 2nd 6mins			
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
	Bike Ride: 3rd 6mins			
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
	Bike Ride: 4th 6mins			
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			

Recovery Protocol:

Lying Spinal Twist
Heel Press
Side to Side Neck Flow/Up and Down Neck Flow
Side Reach
Standing Hamstring with Toe Up