



DATE: 8-27-24
 FORMAT: Inferno

***** 5 Minute Warm Up TIC:** Knees Up Crunches/Alt V-Ups/Sphinx Push-Ups/Alt Bird Dog/Pike Push-Ups

STRENGTH Side

Focus: Shoulders/Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
4	6	8	ALT DB Shoulder Press	<10	12-20	25+
8	10	12	Lateral Raise	<8	10-15	15+
			2 nd 15 Mins:			
6	6	8	Kneeling Single Arm Upright Row	<10	12-15	20+
10	12	15	Pronated Row	<12	15-25	30+
			3 rd 15 Mins:			
10	12	15	Supermans	-	-	-
6	8	8	ALT Reverse Fly	<8	10-12	15

HIIT Side

Focus: Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	8	8	KB High Pull	<15	20	25+
10	20	30	Mtn. Climbers	-	-	-
			2 nd 15 Mins:			
15	12	10	Pull Ups	MYO High Row	Asst	Rig
40	60	40	Jump Rope	Single	Alt	DBLU
			3 rd 15 Mins:			
3	4	5	SB Rovers	Lt	Lt	Hvy
8	10	12	Broad Jump Shuffle	-	-	-

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

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1 st 15 Mins:	Seated Distance	.3	.4	.4
2 nd 15 Mins:	Standing Distance	.3 gear 16	.4 gear 18	.4 gear 18+
3 rd 15 Mins:	Half Seated/Half Standing Energy	4	8	12

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:

Bear Hug Stretch
 Lying Down Figure 4
 Lying Down Hamstring Pull
 Pigeon Pose
 Cobra/Down Dog