



DATE: 8-31-24
FORMAT: Monsoon

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6	8	8	ALT Incline Chest Press on BOSU	<10	12-25	30+
10	10	10	Straight Arm Sit Ups on BOSU	-	-	-
8	10	12	Russian Twist on BOSU (ea)	-	-	-
			2nd 6 Mins:			
8	10	12	1:1 Leg Raise/Toe Touch	-	-	-
6	8	10	Spiderman/Push-Up	-	-	-
8	10	12	Dragon Flies	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	DAB Lateral Shuffle Taps	-	-	-
12	15	20	MYO Chest Press	-	-	Ft @ rig
6	8	10	SB Wipers	Lt	Hvy	Hvy
40	60	80	ALT BR	-	-	-
4	8	10	Cobra Push Ups	-	-	-

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	TC			

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

Recovery Protocol:

Lying Arm Reach
Palm Press/DownDog
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pigeon Pose