



DATE: 8-3-24
FORMAT: Monsoon

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6	8	10	Goblet Split Squat	BW	<15	20+
3	4	5	Gladiators	-	-	-
6	8	12	Plyo Sprinter's Lunges	BW	<10	12+
			2nd 6 Mins:			
8	8	8	Racked Squats *heavy	<15	20-25	30+
6	8	10	ALT Lateral Lunge/Triple High Knee	-	-	-
6	8	10	B stance RDL	<15	20-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Wall Balls	8	12-16	20
8	10	12	KB Snatch (ea)	<15	20	25+
30	40	50	BR In & Out	-	-	-
12	15	20	MYO Skull Crushers	-	-	-
8	10	12	American KB Swings	<15	20-30	35+
20	25	30	OLYMPIC FINISHER: Broad Jumps (long jump)	Bronze	Silver	Gold

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: 1 st 6mins				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 nd 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 rd 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 th 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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:

Lying Down Internal Twist and Reach
Standing Triceps Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach