



DATE: 8-7-24
FORMAT: Inferno

***** 5 Minute Warm Up TIC:** Skaters/Squat Drops/Alt Jumping Lunges/Jumping Jacks/Elbow Plank

STRENGTH Side

Focus: Shoulders/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	Supinated Row	<10	12-20	25+
8	10	10	Push Press	<12	15-25	30+
			2 nd 15 Mins:			
10	12	15	Superman/Lat Pull	-	-	-
8	10	12	Swing Snatch	<8	10-20	25+
			3 rd 15 Mins:			
8	10	12	Pronated Row	<10	12-20	25+
6	8	10	Kneeling Shoulder Press	<8	10-15	20+

HIIT Side

Focus: HIIT/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
10	20	24	ALT KB Russian Swings (total)	<15	20-30	35+
6	8	10	SB Rover	Lt	Lt	Hvy
			2 nd 15 Mins:			
6	8	10	Single Arm KB Press	<15	20-25	25+
8	10	12	Box Jumps	16"	20"	24"+
			3 rd 15 Mins:			
10	12	15	MYO B2G Rows	-	-	-
8	10	12	Single Arm KB Row	<15	20-30	35+
20	30	40	OLYMPIC FINISHER: Wallballs (shot put)	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 st 15 Mins:	Standing Distance	.3	.4	.5
2 nd 15 Mins:	Seated Distance	.2	.3	.4
3 rd 15 Mins:	Standing Energy/Seated Energy	2/2	4/4	8/8

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
Butterfly Stretch
Bear Hug Stretch/Palm Press