Twisted Cycle

DATE: 9-11-24
FORMAT: Monsoon

STRENGTH Side
Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6	8	10	ALT Chest Press on BOSU	<12	12-20	20+
8	10	15	Push Ups	-	Ft on BOSU	Ft on BOSU
8	10	12	Incline Chest Fly on BOSU	<10	12-15	20+
			2nd 6 Mins:			
6	8	10	Renegade Row on BOSU	<8	10-12	15+
8	10	12	DB Pullover on BOSU	<12	15-25	30+
10	12	15	BOSU Back Extensions	-	-	-

HIIT Side
Focus: Back/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	KB Upright Row	<15	20-30	35+
1	2	3	5:5 MYO Chest Press/MYO Chest Fly	-	-	-
2	3	4	DAB Lateral Shuffle Taps	-	-	-
20	30	40	Kneeling BR	-	-	
4	6	8	ALT KB Gorilla Rows	<15	20-30	35+

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: 1st 6mins			
3:00	S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
	Bike Ride: 2nd 6mins			
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/RR 0:30 (complete 3x)			
	Bike Ride: 3rd 6mins			
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1st group High MPH, 2nd group RR.			
	TC			
	Bike Ride: 4th 6mins			
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1st group High Watts, 2nd group RR.			

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