



DATE: 9-19-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins: **decrease by 2 reps each round**			
10	10	10	Swing Snatch	<10	12-20	25+
10	10	10	Single Arm Squat/High Row	<10	12-20	25+
10	10	10	Lateral Raises	<8	10-12	15+
			2nd 8 Mins: **increase by 2 reps each round**			
4	4	4	Swing Snatch	<10	12-20	25+
4	4	4	Single Arm Squat/High Row	<10	12-20	25+
4	4	4	Lateral Raises	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	KB Pullovers on Box	<15	20-30	35+
4	6	8	Kneeling KB Clean 2 Stand	<15	20-25	25+
20	30	50	BR XTR	-	-	-
10	12	15	American KB Swings	<15	20-30	35+

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 8mins				
	TC			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMS 90+	RPMS 100+	RPMS 110+
	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:

Seated Glute Stretch
 Lying Internal Twist and Reach
 Palm Press
 Lying Arm Reach
 Bear Hug Stretch/Butterfly Stretch