



DATE: 9-20-24

FORMAT: Sunny Day

STRENGTH Side

Focus: Lower Body/Abs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: Lateral Lunge (ea)	-	-	-
4	6	8	Goblins	<10	12-20	25+
6	8	10	Sprinter's Lunges	BW	<12	15+
8	10	12	Side Jack Knives	BW	<8	10+
3 Minutes			FINISHER: 10:10 Racked Squats/Jumping Lunges	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	STARTER: Box Jumps	16"	20"	24"+
6	8	10	KB Windmill	<15	20-25	30+
5	6	8	KB Snatchue of Liberty	<15	20-25	30+
1	2	3	15:15 Hammer BR/ALT Hammer BR	-	-	-
3 Minutes			FINISHER: Jump Rope	-	-	-

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:				
	STARTER: Seated Distance	0.2	0.2 gear 18	.3 gear 18+
	TC			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/RR (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

Side to Side Neck Flow/Up and Down Neck Flow

Pigeon Pose

Standing Triceps Extend and Reach

Cat/Cow

Hand on Head Twist