



DATE: 9-21-24
FORMAT: Monsoon

STRENGTH Side

Focus: Biceps/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
8	10	12	Kneeling Curls	<10	12-20	25+
10	12	15	Kneeling Slam Balls	15	20-25	25+
8	10	12	ALT Hammer Curls	<10	12-20	25+
			2nd 6 Mins:			
8	10	12	Skull Crushers	<8	10-15	20+
10	10	10	Tricep DB Press	<15	20-30	35+
12	12	12	Kickbacks	<8	10-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	Kneeling KB OTH Extension	<20	25-35	40+
1	2	3	DAB Bear Crawl	-	-	-
10	12	15	MYO Clutch Curls	-	-	-
6	8	10	Lateral Squat Hops	-	-	-
20	30	40	MYO Mtn. Climbers (total)	-	-	-

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				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 nd 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 rd 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 th 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

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
Pronated Press and Rotate
Arm Across Stretch
Hand Behind Back
Side Reach