



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

STRENGTH Side

Focus: Lower Body (Quads)

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins: *heavy*			
8	8	8	Racked Squats	<15	20-30	35+
10	10	12	Split Squats	BW	<15	20+
10	10	12	B-Stance RDL	<10	12-20	25+
			2 nd 8 Mins: *heavy*			
10	10	12	TC Quad Burners	BW	<10	12+
8	8	8	Heels Up Goblet Squats	<20	25-35	40+
10	12	15	TC SuSu Jumps	-	-	-

HIIT Side

Focus: Lower Body/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
40	50	60	ALT BR	-	-	-
60	80	100	Jump Rope	-	-	-
8	10	12	ALT Jumping Lunges	-	-	-
10	12	15	BR High Plank Bridge	-	-	-
10	12	15	MYO Roll Outs	-	-	-

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 st 8mins				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
AFAP	Distance Challenge (beat previous time)	0.5	0.6	0.8
	TC			
	LMAO			

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

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:

Butterfly Stretch
 Lying Down Figure 4
 Lying Down Hamstring Pull
 Pigeon Pose
 Cobra/DownDog