



DATE: 9-2-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: **increase weight the 2 nd round of 8	L1	L2	L3
8	8	10	Bulgarian Split Squat on BOSU	BW	<15	20+
10	12	12	DB RDL	<15	20-30	35+
8	10	12	Racked Squat on BOSU	BW	<15	20+
10	12	12	Sumo Goblet Squat	<20	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
6	8	10	Heismans (total)	-	-	-
8	10	12	V-Ups	-	-	-
10	12	12	Kneeling Wallballs	8	12-16	20
			2nd 8 Mins:			
8	10	12	SSD Wallball Knee Tucks	8	12-16	20
6	8	10	MYO Pistol Squats	-	-	-
8	10	12	MYO Roll Ins	-	-	-

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat previous			
	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 Lying Knee Bend
 Lying Spinal Twist
 Hand Behind Back
 Arm Across Stretch
 Cobra/Down Dog