



DATE: 9-6-24
 FORMAT: Sunny Day

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	STARTER: Double Snatch	<10	12-15	20+
1	2	2	10:10 Goblet Squat/Pulse Squat	<10	12-25	30+
1	2	2	10:10 Bicycle Crunches/Full Sit Ups	-	-	-
6	8	10	Rotating Surrender Jumps	-	-	-
3 Minutes			FINISHER: 2:1 Skull Crushers/Crush Press	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	STARTER: ALT SB Front Lunge	Lt	Lt	Hvy
8	10	12	Skaters	-	-	-
6	8	10	SB Cleans	Lt	Lt	Hvy
8	10	12	Drop Tops	-	-	-
3 Minutes			FINISHER: 10:10 Box Jumps/ALT Jumping Step Ups	16"	20"	24"+

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: Standing Distance	.2	.3	.4
	TC			
	CEC- 0:30 OOS/0:30S/RR			
	CEC- 0:30 S/0:30 OOS/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:

Up and Down Neck Flow/Side to Side Neck Flow
 Lying Down Figure 4
 Sprinters Stretch
 Crossbody IT Band Stretch
 Butterfly Stretch