



DATE: 10-10-24

FORMAT: Earthquake (Throwback Thursday)

STRENGTH Side

Focus: Back/Biceps

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	4:4 Bear Renegade Row/ALT Bicep Curls	<8	10-15	20+
2	3	3	4:4 Superman/Lat Pull	-	-	-
2	3	3	4:4 Bent Over Row/Hammer Curls	<10	12-20	25+
2	3	3	4:4 Straight Arm Pull Throughs/Top Half Curls	<8	10-15	20+
2	3	3	4:4 SLDL/Zottman Curls	<10	12-20	25+

HIIT Side

Focus: Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	2	10:10 MYO Knee Tucks/Jumping Jacks	-	-	-
1	1	1	10:10 Wallball Sit Up & Toss/Russian Twists	8	12-16	20
1	1	1	10:10 KB Hip Dips/High Knees	<15	20-25	30+
1	1	1	10:10 Flutter Kicks/SB Cleans	Lt	Lt	Hvy
1	1	1	10:20 SSD Wallball Knee Tucks/Jump Rope	8	12-16	20

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

Time	Type	L1	L2	L3
Bike Ride: 15mins				
	TC			
	High MPH- 0:20, complete 3x total	12	15	18+
	TC			
1:30	CDC- 0:30 OOS/S/OOS (RR after)			
1:30	CDC- 0:30 OOS/S/OOS (beat previous)			
	TC			
Bike Ride: 11mins				
	TC			
	High Watts- 0:20, complete 3x total	130	150	175+
	TC			
1:00	CEC (RR after)			
1:00	CEC (beat previous)			
	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:

Side to Side Neck Flow/Up and Down Neck Flow

Arm Across Stretch

Pigeon Pose

Side Reach

Bear Hug Stretch/Palm Press