



DATE: 10-11-24
FORMAT: Inferno

***** 5 Minute Warm Up TIC:** (5 exercises) Cobra Push Ups/Toes Up Crunches/Hollow Body Hold/Alt Back Lunges/Squat Jumps

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
4	6	8	DB Swing Lunge Complex	<10	12-15	20+
6	8	10	Snatch	<10	12-25	30+
			2 nd 15 Mins:			
4	6	8	ISO Hold Surrender	BW	<12	15+
6	8	10	Single Arm Hollow Press	<10	12-20	25+
			3 rd 15 Mins:			
6	8	10	ALT Lateral Lunge/ Triple High Knee	-	-	-
8	10	12	L Raise	<8	10-12	15+

HIIT Side

*****PLEASE REMIND LEVEL 3 MEMBERS THAT THEY NEED TO MAKE WEIGHT AND REP CHOICES TO KEEP THE FLOW*****

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
6	8	12	SB Front Squat Press	Lt	Hvy	Hvy
6	8	8	KB Lateral Lunge Floor Touch/High Row	<15	20-25	30+
			2 nd 15 Mins:			
6	8	10	Squat Drops	-	-	-
10	12	15	Seal Jacks	-	-	-
			3 rd 15 Mins:			
8	10	12	Candlesticks	-	-	-
8	10	12	Half Burpees	-	-	-

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

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1 st 15 Mins:	Standing Energy	6	8	12
2 nd 15 Mins:	Standing Distance	.2	.3	.4
3 rd 15 Mins:	Seated Energy	4	6	10

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:

Seated Glute Stretch
Lying Leg Raise
Palm Press
Cat/Cow
Hand on Head Twist