



DATE: 10-12-24  
FORMAT: Monsoon

### STRENGTH Side

Focus: Chest/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
6	8	8	Kickbacks	<8	10-12	15+
8	10	10	ISO Chest Press on BOSU	<12	15-25	30+
8	10	12	1.5 OTH DB Extension	<12	15-25	30+
			<b>2<sup>nd</sup> 6 Mins:</b>			
8	10	10	Fruit Fly on BOSU	<10	12-20	25+
8	12	12	Decline Chest Press on BOSU	<12	15-25	30+
10	12	12	Triceps DB Press	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	KB Chest Press	<15	20-25	30+
10	10	10	American KB Swings	<15	20-35	40+
8	10	12	SB Push Up Lateral Drag	Lt	Lt	Hvy
8	10	12	Jack Knives on Box	-	-	-
10	12	15	Wallball Roll Outs	Knees	-	-
4	6	8	Gladiators	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 6mins				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 <sup>rd</sup> 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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
Standing Triceps Extend and Reach
Sprinter’s Rotational Stretch
Lying Down Figure 4
Butterfly Stretch