



DATE: 10-21-24
 FORMAT: Inferno

***** 5 Minute Warm Up TiC:** Heel Kicks/Skaters/Shoulder Taps/Mtn Climbers/Air Squats

STRENGTH Side

Focus: Back

L1	L2	L3	Exercise: ***Level 2 & 3 on BOSU for Exercises***	L1	L2	L3
			1 st 15 Mins:			
10	10	10	Rotational Row	<10	12-25	30+
10	10	10	BOSU Back Extension	-	-	5+
			2 nd 15 Mins:			
10	10	10	Reverse Fly	<8	10-20	25+
10	10	10	1:1 Deadlift/Shrug	<15	20-35	40+
			3 rd 15 Mins:			
10	10	10	DB Pullover on BOSU	<10	12-20	25+
10	10	10	Pronated Row	<10	12-20	25+

HIIT Side

*****TRAINERS REMIND LEVEL 3 TO PICK WEIGHTS AND REPS TO KEEP THE FLOW*****

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
5	6	7	1:1 180 Squat Jump/Broad Jump	-	-	-
5	6	7	1:3 SMS/In and Out	-	-	-
			2 nd 15 Mins:			
10	15	10	SB Snatch	Lt	Lt	Hvy
6	8	10	Alt KB Russian Swings	20	25-30	35+
			3 rd 15 Mins:			
1	2	2	DAB Bear Crawl	-	-	W/SB
6	8	10	Box Jumps	Any	Height	Desired

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

Bike Protocol:

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

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

Recovery Protocol:

Pronated Press and Rotate
 Arm Across Stretch
 Crossbody IT Band Stretch
 Up and Down Neck Flow/Side to Side Neck Flow
 Seated Glute Stretch

AMRAP- As Many Rounds As Possible