Twisted Cycle

DATE: 10-22-24
FORMAT: Monsoon

STRENGTH Side
Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
8	10	12	Squat Drops	-	-	-
10	15	12	SB Front Squat	Lt	Lt	Hvy
8	10	10	Bulgarian Split Squat on TC	BW	w/ Lt SB	w/ Hvy SB
			2nd 6 Mins:			
10	12	10	SB Hip Thrust on TC	Lt	Lt	Hvy Single Leg
12	12	12	Goblet Squat	<15	20-35	40+
8	8	8	1:1 Side Turning Sumo Squat/Pulse Squat		Goblet w/15	Goblet w/25

HIIT Side
Focus: Lower Body & HIIT

L1	L2	L3	Exercise:	L1	L2	L3
50	80	100	ALT BR	-	-	-
4	6	8	KB Statue of Liberty	<15	20-25	30+
8	10	10	KB Step Ups	<15	20-25	30+
2	3	4	DAB Lateral Shuffle Taps	-	-	-
1	2	2	10:5 Wallballs/Half Burpees	8	12-16	20

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

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:

Heel Press
Lying Leg Raise
Sprinter/Hamstring Flow
Side Lying Knee Bend
Butterfly Stretch

Bike Protocol:

Time	Type	L1	L2	L3
	Bike Ride: 1st 6mins			
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
	Bike Ride: 2nd 6mins			
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
	Bike Ride: 3rd 6mins			
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
	Bike Ride: 4th 6mins			
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			