



DATE: 10-29-24

FORMAT: Crazy 8's ***LEVEL UP DAY***

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
8	10	12	Swing Snatch	<15	20-30	35+
8	10	12	ALT Bicep Curls	<12	15-25	30+
8	10	12	Bent Over Rows	<20	25-40	45+
			2 nd 8 Mins:			
8	10	12	OTH Extension	<15	20-35	40+
8	10	12	Weighted Sit Ups	<10	12-20	25+
8	10	12	Deadlifts	<20	25-45	50+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
10	10	10	Pull Ups	KB row 25+	Asst	Unasst.
15	15	15	Box Dips	Knees straight	w/Lt SB	w/Hvy SB
8	8	8	Bottoms Up KB Press	<15	20-25	30+
			2 nd 8 Mins:			
10	10	10	KB Russian Swings	<25	30-45	50+
10	10	10	Hanging Knee Raises	MYO knee tucks	Rig	Rig + TTB
10	10	10	Pike Push Ups	-	Ft on BOX	Ft in MYO

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 8mins				
	TC			
0:30	CEC, complete 2x try to beat 1st			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2 nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.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
 AMRAP- As Many Rounds As Possible

Recovery Protocol:

Bear Hug Stretch/Butterfly Stretch
 Side Lying Knee Bend
 Lying Arm Reach
 Crossbody IT Band Stretch
 Sprinter's Rotational Stretch