



DATE: 10-4-24

FORMAT: Sunny Day *****ALL AB FINISHER*****

STRENGTH Side

Focus: Back (Pull)

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	STARTER: Single Arm Pronated Row on TC	<15	20-30	35+
10	12	12	Supinated Row	<12	15-25	30+
4	6	8	TC Rock n Row (ea)	-	-	-
6	8	10	Back Ext on TC	-	-	-
8	8	8	Deadlifts	<20	25-40	50+
3 Minutes			FINISHER: 5:5 Bicycle Crunches/V-Ups	-	-	-

HIIT Side

Focus: Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: MYO B2G Rows	-	-	-
15	12	10	Pull Ups	MYO high row	Asst	Rig
8	10	12	MYO Mtn. Climbers	-	-	-
10	12	15	American KB Swings	<15	20-30	35+
12	15	20	Slamballs	15	20	20
3 Minutes			FINISHER: 5:5 Plank ALT Hip Dips/Candlesticks	-	-	-

Bike Protocol:

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

Time	Type	L1	L2	L3
Bike Ride:				
	STARTER: Seated Energy	4	6	8
	TC			
1:00	CEC- seated, RPMs OVER 90 (RR after)			
1:00	CEC- standing, RPMs OVER 65			
	LMAO			
(3 Mins)	FINISHER: 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:

Butterfly Stretch/Cobra
Lying Down Internal Twist and Reach
Lying Down Figure 4
Lying Arm Reach
Bear Hug Stretch/DownDog