



DATE: 11-11-24

FORMAT: Sunny Day

### STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	<b>STARTER:</b> Double Pump Burpee	-	-	-
8	10	12	1:1 Cobra Push Up/Shoulder Taps	-	-	-
12	15	15	Chest Fly	<8	10-20	25+
2	3	3	5:5 ALT Chest Press/Power Crunch	<10	12-25	30+
3 Minutes			<b>FINISHER:</b> 8:4 Single Arm DB Leg Raise/Top Half Sit Ups	15	20-25	30+

### HIIT Side

Focus: Chest/Abs/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	<b>STARTER:</b> BR Jack	-	-	-
8	10	12	SB Lateral Drag	Lt	Lt w/ P.U.	Hvy w/ P.U.
8	10	10	Box Jumps	16'	20'	24'+
15	12	10	Reverse Crunches	-	-	TTB
10	12	15	MYO Hip Dips (ea)	-	-	-
3 Minutes			<b>FINISHER:</b> 10:10 MYO Chest Press/MYO High Knee Runners	-	-	-

### 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:				
	<b>STARTER: Standing Distance</b>	.2	.3	.4
	TC			
	CEC- 0:30 OOS/0:30S/RR			
	CEC- 0:30 S/0:30 OOS/RR (try to beat previous)			
	LMAO			
(3 Mins)	<b>FINISHER: TC</b>			

### 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
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/DownDog