



DATE: 11-13-24

FORMAT: Monsoon ***30 Second Energy Challenge***

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: ***VOLUME***	L1	L2	L3
			1 st 6 Mins:			
8	10	12	BOSU Lunge Twist (ea)	-	-	-
10	16	20	Lateral BOSU Hops	-	-	-
5	6	7	3:3 Air Jacks/Squat Drops	-	-	-
			2 nd 6 Mins:			
8	10	8	ISO Shoulder Squat with Stone	Lt	Lt	Hvy
10	12	15	Sumo Goblet Squat	<20	20-30	35+
8	8	8	B-Stance RDL	<10	12-20	25+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	20	24	Lateral Shuffle Taps Holding Slamball	15	20	25+
6	8	10	PLYO Jump Lunge	-	-	-
1	2	3	8:8 MYO Hamstring Curls/MYO Hip Bridge	-	-	-
6	8	10	Single Leg Stand Up, holding Slamball	15	20	25+

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
0:30	**Energy Point Challenge**			
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	TC			

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:

Pronated Press and Rotate

Crossbody IT Band Stretch

Sprinter/Hamstring Flow

Bear Hug Stretch/Butterfly Stretch

Side Reach