



DATE: 11/23

FORMAT: Sunny Day

### STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	<b>STARTER:</b> Weighted Soccer Taps (ea) on BOSU	<8	10-12	15
10	12	12	Alt Chest fly on BOSU (ea)	<12	15-20	25+
10	12	12	45-degree curls	<12	15-20	25+
5	5	5	ISO surrender (low rep)	<12	15-20	25+
3 Minutes			<b>FINISHER:</b> 10:10 Diamond Push Ups/High Plank Toe Touch	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	14	16	<b>STARTER:</b> SB DAB Drag (Total Pulls)	Lt	Lt	hvy
40	40	40	Jump Rope	-	ALT (ea)	DBLU
10	10	10	Wall Sit Up/Toss	8	12-16	20
10	12	15	MYO Roll Ins	-	-	-
3 Minutes			<b>FINISHER:</b> 5:5 Haybalers /KB Samson Press (R/L)	<15	20-25	30+

### 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:				
	<b>STARTER:</b> Distance on Bike	.3	.3	.3
	TC			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/RR (try to beat previous)			
	LMAO			
(3 Mins)	<b>FINISHER:</b> 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:
