



DATE: 11/25
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8			
8	10	12	ALT Chest Press on TC (ea)	<12	15-30	35+
12	12	12	Chest Scoops (kneeling)	<8	10-15	20+
10	15	20	Push Ups (ft on TC)	-	-	-
			2 nd 8			
8	8	8	Deadlift	<20	25-40	45+
10:5	12:5	12:5	Bent over row/upright row	<12	15-25	30+
12	15	20	Back Ext on TC	-	-	-

HIIT Side

Focus: Chest/Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8			
10	12	15	MYO High Row	-	-	-
10	12	12	Single Arm KB Row	<15	20-30	35+
40	50	60	ALT Jump Rope (ea)	-	-	-
			2 nd 8			
8	10	12	Heisman (total)	-	-	-
6	8	10	Blast off Push Up	-	-	-
8	8	8	Burpee	-	-	-

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: 1 st 8mins				
	TC			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMs 90+	RPMs 100+	RPMs 110+
	TC			

Recovery Protocol:

Side lying knee bend
 Lying Spinal Twist
 Hand Behind Back
 Arm Across Stretch
 Cobra/DownDog

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