



DATE: 11/30  
FORMAT: Monsoon

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 6			
5	5	5	Swing Squat Complex	<12	15-25	30+
8	8	8	Dragon Flies	<12	15-25	30+
4	4	4	3:1 Renegade row/Kickback (ea)	<10	12-15	20+
			2 <sup>nd</sup> 6			
10	12	14	1,2,3 lunge (total)	-	-	-
5	5	5	Rocky Press (ea)	<10	12-15	20+
8	10	10	1:1 Push up/High Plank Toe Touch (ea)	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	1:1 SB Clean/SB Snatch	Lt	Lt	Hvy
8	10	10	Hanging Knee Raises	Candlesticks	-	TTB
6	6	7	Lateral SB Step ups (ea)	Lt	Lt	hvy
4	4	4	KB Duo	<15	20-30	35+

### 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 <sup>st</sup> 6mins				
3:00	S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/RR 0:30 (complete 3x)			
Bike Ride: 3 <sup>rd</sup> 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 <sup>st</sup> group High MPH, 2 <sup>nd</sup> group RR.			
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 <sup>st</sup> group High Watts, 2 <sup>nd</sup> group RR.			

#### Recovery Protocol:

**Standing figure 4 and bend**  
**Heel Press**  
**Standing hamstring with toe up**  
**Lying down internal twist and reach**  
**Side lying knee bend**

#### 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