



DATE: 11-7-24

FORMAT: Supernova ***SPIRAL***

STRENGTH Side

Focus: Total Body

4 Mins	5 Mins	6 Mins	Exercise: ***SPIRAL REPS*** (4 reps/4 mins, 5 reps/5 mins, 6 reps/6 mins)	L1	L2	L3
4	5	6	Center Hold Squat *heavy	<25	30-50	55+
4	5	6	Amped Snow Angel	<8	10-12	15+
4	5	6	Warrior Press on BOSU	<8	10-20	25+
4	5	6	Weighted Soccer Taps on BOSU	BW	<10	12+
4	5	6	BOSU Burpee	-	-	-

HIIT Side

Focus: Total Body/HIIT

4 Mins	5 Mins	6 Mins	Exercise: ***SPIRAL REPS*** (4 reps/4 mins, 5 reps/5 mins, 6 reps/6 mins)	L1	L2	L3
4	5	6	Wallball SUSU on TC	8-12	16	20
4	5	6	1:1 DBL KB Clean/DBL KB Racked Squat	<15	20	25+
40	50	60	TC Mtn. Climbers (total)	-	-	-
4	5	6	KB Double Double	<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- 4mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2
Bike Ride- 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride- 6mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			

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:

Lying Down Internal Twist and Reach

Seated Glute Stretch

Standing Quad Stretch

Hand Behind Back

Side Reach