



DATE: 11-8-24
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
10	10	10	Slamballs *speed	15	20	20
20	20	20	Scissor Abs (total)	-	-	-
8	8	8	Renegade Row	<10	12-15	20+
			2nd 8 Mins:			
6	8	10	DB Single Arm Row	<15	20-30	35+
10	12	12	Rear Delt Raise	<10	12-15	20+
20	20	20	Flutter Kicks (total)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ALT KB Gorilla Rows	<15	20-25	30+
10	10	10	MYO Muscle Ups	-	-	-
8	8	8	Russian Twist w/ KB (ea)	<15	20	25+
6	8	10	MYO Single Arm Floor Touch	-	-	-

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat previous			
	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:

Lying Down Figure 4
 Sprinter/Hamstring Flow
 Side Lying Knee Bend
 Seated Glute Stretch
 Cat/Cow