



DATE: 12/24  
FORMAT: Crazy 8's

### STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 8			
8	8	8	DB Lunge High Knee on BOSU (ea)	<8	10-20	25+
10	12	12	Sit-Up Punches (ea)	<10	<10	<10
15	15	15	BOSU Squat Drop	-	-	-
			2 <sup>nd</sup> 8			
8	8	8	ALT Curtsy Lunge (ea)	<10	12-20	25+
5	5	5	3 Point Crunch	-	-	-
5	5	5	Infinity Lunge (ea)	<10	12-20	25+

### HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 8			
6	7	8	180 Burpee (total)	-	-	-
8	10	12	MYO Hip Dips (ea)	-	-	-
8	8	8	ALT SB Step Up (ea)	Lt	Lt	hvy
			2 <sup>nd</sup> 8			
12	15	15	Kneeling Slamballs	20	20	20
15	15	15	Flutter Kicks (ea)	-	-	-
12	12	12	ALT KB Russian Swing (ea)	<20	25-35	40+

### 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> 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 <sup>nd</sup> 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**  
**Lying Down Hamstring Pull**  
**Pigeon Pose**  
**Side Reach**  
**Cobra**