



DATE: 12/28
 FORMAT: Sunny Day

STRENGTH Side

Focus: TOTAL BODY

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: TC SuSu DB Press	<10	12-20	25+
8	8	8	Single Arm Squat/High Row (ea)	<12	15-25	30+
5	5	5	Back Lunge/Front Raise (ea)	<10	12-15	20+
8	10	12	Inchworm/Push-Up	-	-	-
3 Minutes			FINISHER: 10:10 Crunch on TC/ TC Butterfly Sit-Ups	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	8	10	STARTER: ALT Wall Ball Lunges (ea)	<12	16	20
7	7	7	KB Back Lunge N' Press (ea)	<15	20-25	30+
8	10	12	Pike Push-Up on Box	-	-	-
30	40	50	BR XTR	-	-	-
3 Minutes			FINISHER: 10:15 MYO Roll Ins/ American Swings	<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:				
	STARTER: Distance	.4	.5	.5
	TC			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/RR (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

Arm Across Stretch
side lying knee bend
Hand Behind Back
Heel Press
Crossbody IT Band Stretch