



DATE: 12/30
FORMAT: Monsoon

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
5	6	7	Push-Up Plank T-Rotation (ea)	-	-	-
8	10	12	Crossbody Crunch (ea)	-	-	-
8	10	12	Slamball Yo-Yo	20	20	20
			2 nd 6			
5	6	7	Sprinters Lunge and Row (ea)	<10	12-20	25+
15	15	15	Leg Raises	-	-	-
10	12	15	Squat Press	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
6	8	10	OTH BR Surrender (ea)	-	-	-
7	7	7	KB Chest Press on box (ea)	<15	20-25	30+
10	10	10	Lateral Shuffle Tap (total)	-	-	-
			2 nd 6			
30	40	50	BR In & Outs	-	-	-
8	8	8	ALT KB Gorilla Row (ea)	<15	20-30	35+
10	12	15	Kneeling Wallball	<12	16	20

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 6mins				
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 2 nd 6mins				
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 3 rd 6mins				
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
Bike Ride: 4 th 6mins				
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double 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:

Bear Hug Stretch
Lying Arm Reach
Pigeon Pose
side lying knee bend
Up and Down Neck Flow/Side to Side Neck Flow