



DATE: 12/12  
FORMAT: Inferno

**\*\*\* 5 Minute Warm Up TIC:** (Fast Jacks, Yo-yo, Inchworms, ALT Sprinter's Lunge, Spider Climbers)

#### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
12	12	12	Pronated Grip Row	<12	15-25	30+
7	7	7	ISO Lunge/Single Arm Press (ea)	<12	15-25	30+
			2 <sup>nd</sup> 15 Mins:			
8	8	8	Side Plank Press and Roll (ea)	<8	10-15	20+
10	10	10	L-Raise (ea)	<8	10-15	20+
			3 <sup>rd</sup> 15 Mins:			
10	10	10	ALT Snatch (ea)	<15	20-30	35+
15	15	15	Suitcase Swing	<15	20-30	35+

#### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
4	4	4	Gladiators	-	-	-
10	10	10	KB SCP	<15	20-35	40+
			2 <sup>nd</sup> 15 Mins:			
7	7	7	Bottoms Up KB Press (ea)	<15	20-25	30+
10	10	10	Slamball Sumo Carriers	20	20	20
			3 <sup>rd</sup> 15 Mins:			
7	7	7	Half Kneeling Rotation to Single Arm Press (ea)	<15	20-30	35
10	12	15	Hanging Knee Raises	-	-	TTB

#### 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

#### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1 <sup>st</sup> 15 Mins:	Distance on Bike	.6	.8	1.0
2 <sup>nd</sup> 15 Mins:	Energy on Bike	15	25	30
3 <sup>rd</sup> 15 Mins:	Calories on Bike	15	20	25

#### 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**  
**Pigeon Pose**  
**Shoulder Extension**  
**Cobra**  
**Hand on Head Twist**