



DATE: 1/24  
 FORMAT: Crazy 8's

### STRENGTH Side

Focus: GUNSHOW!

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8			
10	10	12	ALT Bicep Curl (ea)	<10	12-15	20+
10	10	15	Diamond Push-Ups	-	-	-
10	12	15	Oblique Jack Knives (ea)	-	-	-
			2nd 8			
10	10	12	Top Half Curls	<10	12-15	20+
10	10	12	Katana Extension (ea)	<10	12-15	20+
8	8	8	Up and Over (ea)	-	-	-

### HIIT Side

Focus: Arms/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8			
8	8	8	KB Lateral Lunge Floor Touch/High Row (ea)	<15	20-30	35+
12	12	12	MYO Clutch Curl	-	-	-
8	8	8	KB Clean & Press (ea)	<15	20-30	35+
			2nd 8			
15	15	15	Wallball SuSu on TC	<12	16	20
15	15	15	Amped Butterfly Sit-Ups	-	-	-
15	15	15	TC Clean/Press	-	-	-

### 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:

**Crossbody IT Band Stretch**  
**Downdog**  
**Sprinter Stretch**  
**Palm Press**  
**Standing Triceps Extend and Reach**