



DATE: 1/30  
FORMAT: Inferno

**\*\*\* 5 Minute Warm Up TIC:** High Knees, Mt Climbers, Butterfly Sit ups, Supermans, ALT Side Kickthroughs

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
8	10	12	BOSU Burpee	-	-	-
10	12	15	Candlesticks	-	-	-
			2 <sup>nd</sup> 15 Mins:			
10	12	15	DB Hang Clean & Press	<15	20-25	30+
10	12	15	Bent Over Row	<15	20-25	30+
			3 <sup>rd</sup> 15 Mins:			
7	7	7	Split Squat w/ Curl (ea)	<10	12-15	20+
8	10	12	1.5 Sit-Up	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
8	10	12	TC Susu KB Press	<20	25-30	35+
10	12	15	MYO Roll Ins	-	-	-
			2 <sup>nd</sup> 15 Mins:			
10	12	15	Plank Tap Backs (ea)	-	-	-
8	8	8	Goblins w/ KB	<15	20-25	30+
			3 <sup>rd</sup> 15 Mins:			
10	12	15	ALT Box Decline Spider Climber (ea)	-	-	-
10	12	15	Wipers (Holding TC)	-	-	-

### 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	.5	.6	.7
2 <sup>nd</sup> 15 Mins:	Energy Pts (men +5)	12	15	20
3 <sup>rd</sup> 15 Mins:	Calories on console	12	15	20

### 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:

**Butterfly Stretch**  
**Downdog**  
**side lying knee bend**  
**Cobra**  
**Standing Hamstring with Toe Up**