



DATE: 1/31
FORMAT: Monsoon

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
5	5	5	Racked Lateral Lunge (ea)	BW	<10	12+
5	5	5	Squat Press/ALT OTH Back Lunge (ea)	<10	12-15	20+
15	20	20	Air Squat	-	-	-
			2 nd 6			
7	7	7	Crouch Lunge (ea) (Goblet weighted)	<10	12-20	25+
10	10	10	Jack Press	<10	12	15
7	7	7	SSLDL (ea)	<12	15-25	30+

HIIT Side

Focus: Legs/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
7	7	7	ALT Wall Ball Lunges (ea)	<12	16	20
5	5	5	KB Racked Squat (ea)	<15	20-30	35+
15	20	25	BR Churn the Butter (ea)	-	-	-
			2 nd 6			
10	12	15	In & Outs	-	-	-
10	12	15	Single Arm KB Russian Swing (ea)	<15	20-30	35+
3	3	4	DAB OTH Stone Carry **unbroken**	3 stone presses if set down	L1 + 2 presses	L2 + 2 presses

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				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	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:

Butterfly Stretch
Lying Down Hamstring Pull
Pigeon Pose
Sprinters Rotational Stretch
Standing Hamstring with Toe Up