



DATE: 1/14  
 FORMAT: Inferno

**\*\*\* 5 Minute Warm Up TIC:** Push Ups, Jumping Jacks, Plank Jacks, High Knees, Squat Drops

**STRENGTH Side**

Focus: Total Body Power

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
7	7	7	Hammer Curl/Press on BOSU	<12	15-20	25+
7	7	7	Kneeling Single Arm Upright Row (ea)	<12	15-20	25+
			2 <sup>nd</sup> 15 Mins:			
5	5	5	Man Makers	<10	12-15	20+
10	10	10	Skater High Chop (ea)	<10	12-15	20+
			3 <sup>rd</sup> 15 Mins:			
7	7	7	Single Arm Rocky Press (ea)	<10	12-15	20+
7	7	7	BOSU SMS	-	-	-

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
20	25	30	ALT BR (ea)	-	-	-
5	5	5	DBL KB Clean	<15	20-25	30+
			2 <sup>nd</sup> 15 Mins:			
4	4	4	DAB Bear Crawl	-	-	-
8	8	8	MYO Y-Raise	-	-	-
			3 <sup>rd</sup> 15 Mins:			
15	20	25	BR ISO Slams (ea)	-	-	-
15	20	25	ALT Leg Raise (ea)	-	-	-

**Bike Protocol:**

Time	Type	L1	L2	L3
Bike Ride:				
1 <sup>st</sup> 15 Mins:	Distance	.3	.4	.5
2 <sup>nd</sup> 15 Mins:	Calories (men +5)	10	15	20
3 <sup>rd</sup> 15 Mins:	Energy (men +5)	10	17	20

<b>Bike Abbreviations</b>
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

<b>Format &amp; Rotation Options</b>
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

<b>Recovery Protocol:</b>
<b>Butterfly Stretch</b>
<b>Hand Behind Back</b>
<b>Sprinter Stretch</b>
<b>Cobra</b>
<b>Shoulder Extension</b>