



DATE: 1/15
FORMAT: Monsoon

STRENGTH Side

Focus: Chest/Tri/Ab Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
8	10	12	Blast Off Push-Ups	-	-	-
15	15	15	Butterfly Sit-Up	-	-	-
15	15	15	Dragon Flies	<12	15-25	30+
			2 nd 6			
10	10	10	ALT Triceps Kickbacks (ea)	<10	12-15	20+
15	15	15	Russian Twist w/ DB	<12	15-20	25+
10	10	10	Single Arm Triceps Extension (ea)	<12	15-20	25+

HIIT Side

Focus: Chest/Tri/Ab/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
4	4	4	Jump/Jump Shuffle Back	-	-	-
8	10	12	Push-Up Shoulder Taps	-	-	-
7	7	7	Crossbody Bicycle/V-Up	-	-	-
			2 nd 6			
4	5	6	5:1 Fast Feet/Burpee	-	-	-
10	10	10	MYO Muscle Up	-	-	-
10	12	15	Wallball Sit-Up & Toss	<12	16	20

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				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 nd 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 rd 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 th 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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:

Cobra
Sprinter/Hamstring Flow
Side Reach
Pigeon Pose
Standing Figure 4 and Bend