



DATE: 1/6

FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
6	7	8	ALT Push-Ups on BOSU (ea)	-	-	-
10	10	10	Chest Scoops	<10	12-20	25+
15	15	15	Chest Fly on BOSU	<10	12-25	30+
			2 nd 8 Mins:			
10	10	10	Rotational Row (ea)	<12	15-25	30+
12	15	15	Lat Pull on BOSU	-	-	-
6	7	8	Bear Renegade Row (ea)	<12	15-25	30+

HIIT Side

Focus: Chest/Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
6	8	10	180 Burpee Jump	-	-	-
8	10	12	Hand Release Push-Ups	-	-	-
4	4	4	DAB SB Drag	Lt	Hvy	Hvy
			2 nd 8 Mins:			
4	5	6	Info Jack	-	-	-
10	12	12	MYO High Row	-	-	-
4	6	8	Slamball/OTS Toss	Lt	Lt	Hvy

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 8mins				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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:

Bear Hug Stretch
Cat/Cow
Lying Arm Reach
Sprinter/Hamstring Flow
Crossbody IT Band Stretch