



DATE: 2/11
FORMAT: Monsoon

STRENGTH Side

Focus: Back/Triceps Power

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6 Mins:			
5	5	6	ALT Renegade Row/T-Rotation (ea) **no weight for T-rotate**	<12	15-20	25+
12	12	12	Straight Arm Pull Through	<10	12-15	20+
12	12	12	DB Pullover on BOSU	<15	20-30	35+
			2 nd 6 Mins:			
8	8	8	ALT Reverse Skull Crushers (ea) on Bosu	<10	12-15	20+
10	10	10	Kickbacks	<10	12-20	L2 + on bosu
10	10	10	Triceps Push-Ups	Knees	Toes	L2 + on bosu

HIIT Side

Focus: Back/Tri/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6 Mins:			
3	3	4	SB Rover	Lt	Lt	Hvy
8	10	12	Chin Ups	-	-	-
8	10	12	MYO B2G Row/MYO Muscle Up	-	-	-
			2 nd 6 Mins:			
3	4	5	5:1 Fast Feet/Gladiators	-	-	-
10	10	10	KB Skull Crusher on Box	<20	25-30	35+
10	12	15	Box Jumps	-	-	-

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

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

Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 nd 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 rd 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 th 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

Recovery Protocol:

Cat/Cow
Pigeon Pose
Standing Triceps Extend and Reach
Standing Figure 4 and Bend
Standing Quad Stretch