



DATE: 2/14  
FORMAT: Inferno

**\*\*\* 5 Minute Warm Up TIC: JUMPING JACKS, AIR SQUATS, HEEL KICKS IN-OUTS, SUPERMANS**

#### STRENGTH Side

Focus: CHEST/BACK

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
8	8	8	BOSU Burpee	-	-	-
4	4	4	Push-Up 2 Snatch (ea)	<15	20-25	30+
			2 <sup>nd</sup> 15 Mins:			
8	8	8	ALT Incline Chest Fly on BOSU (ea)	<12	15-25	30+
12	12	12	Chest Scoops	<10	12-15	20+
			3 <sup>rd</sup> 15 Mins:			
12	12	12	Deadlift/Shrug	<25	30-40	45+
7	7	7	Renegade Row on BOSU (ea)	<10	12-20	25+

#### HIIT Side

Focus: CHEST/BACK/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 15 Mins:			
15	15	15	American KB Swing	<20	25-40	45+
15	15	15	Little Man in the Woods	-	-	-
			2 <sup>nd</sup> 15 Mins:			
6	7	8	Push-Up Toe Touch (ea)	-	-	-
7	8	9	MYO Chest Fly	-	-	-
			3 <sup>rd</sup> 15 Mins:			
4	5	5	KB Row Duo	<15	20-25	30+
8	10	10	MYO High Row	-	-	-

#### 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

#### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1 <sup>st</sup> 15 Mins:	Distance	.4	.6	.8
2 <sup>nd</sup> 15 Mins:	Calories on Bike (men +5)	12	15	20
3 <sup>rd</sup> 15 Mins:	Distance (seated)	.4	.5	.6

#### 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 Arm Reach  
Up and Down Neck Flow  
Sprinter/Hamstring Flow  
Lying Spinal Twist