



DATE: 2/3

FORMAT: Crazy 8's

### STRENGTH Side

Focus: Total Body Calorie Crusher

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 8 Mins:			
10	10	10	BOSU SMS	-	-	-
10	10	10	DB Squat/Upright Row	<12	15-25	30+
10	10	10	BOSU Flat Jack Sit-Ups	-	-	-
			2 <sup>nd</sup> 8 Mins:			
8	8	8	Warrior Press on BOSU (ea)	<12	15-20	25+
10	10	10	Lateral BOSU Hops	-	-	-
8	8	8	ALT Single Arm/V-Up (ea)	-	-	-

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 8			
30	40	50	ALT Jump Rope (ea)	-	-	-
10	12	15	1:1 Russian/American Swing	<15	20-35	40+
8	8	8	SSD Wallball Knee Tucks	<12	16	20
			2 <sup>nd</sup> 8			
10	12	15	ALT BR Jumping Lunge (ea)	-	-	-
3	4	5	DAB SB Drag	Lt	Lt	Hvy
8	8	8	MYO Hip Dips (ea)	-	-	-

### Bike Protocol:

<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

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 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 <sup>nd</sup> 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:

<b>Butterfly Stretch</b>
<b>Cat/Cow</b>
<b>Lying Down Figure 4</b>
<b>Cobra</b>
<b>Arm Across Stretch</b>