



DATE: 3/17
 FORMAT: Sunny Day

STRENGTH Side

Focus: Back/Bis

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	STARTER: Wrecking Balls	20	20	20
15	15	15	Bent Over Row	<10	12-20	25+
15	15	15	Soccer Taps on Slamball	-	-	-
10	10	10	Deadlift	<20	25-35	40+
3 Minutes			FINISHER: 8:10 HWH Curl/Fast Jacks	<10	12-15	20+

HIIT Side

Focus: Back/Bis /HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	30	50	STARTER: DBLU	-	-	-
10	10	12	Pull-Ups	-	-	-
8	10	12	Alt Jumping Lunges	-	-	-
7	7	7	KB Row Duo	<15	20-25	30+
3 Minutes			FINISHER: 10:5 MYO Bicep Curl/Yo-Yo	-	-	-

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:				
	STARTER: Distance	.3	.4	.4
	TC			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/RR (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

Lying Down Hamstring Pull
 Lying Spinal Twist
 Sprinter Stretch
 Palm Press
 Standing Quad Stretch