



DATE: 3/18
FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest & Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8			
7	7	7	Incline Chest Fly on TC	<12	15-30	35+
5	5	5	ALT Chest Press on TC (ea)	<12	15-30	35+
10	10	10	Hand Release Push-Ups	-	-	-
			2 nd 8			
10	10	10	Diamond Push-Ups	-	-	-
10	10	10	OTH DB Extension	<15	20-25	30+
10	10	10	Incline Skull Crusher (on TC)	<12	15-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8			
6	6	7	180 Burpee Jump	-	-	-
10	10	10	Blast Off Push-Ups	-	-	-
10	10	10	Wallball Yo-Yo	12	16	20
			2 nd 8			
30	40	50	BR In & Outs	-	-	-
8	10	12	Box Dips	-	-	-
6	8	10	DBL KB Clean	<15	20-25	30+

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat previous			
	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:

Standing Figure 4 and Bend
Rig Pec Stretch
Standing Hamstring with Toe Up
Standing Triceps Extend and Reach
Sprinters Rotational Stretch