



DATE: 3/20
FORMAT: Supernova

STRENGTH Side

Focus: Legs/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	ALT Single Arm Deadlift (ea)	<15	20-30	35+
5	5	5	Amped Snow Angel (ea)	5	8-10	12
10	10	10	Goblet Squat on TC	<15	20-30	35+
10	10	10	TC Power Clean	-	-	-

HIIT Side

Focus: Legs/Shoulders/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Air Jacks	-	-	-
5	5	5	ALT SB Back Lunge (ea)	Lt	Lt	Hvy
4	4	4	Double Pump Burpee	-	-	-
8	8	8	KB OTH Press	<15	20-30	35+

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: 4 mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5 mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 6 mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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
Hand Behind Back
Seated glute stretch
Shoulder Extension
Standing Quad Stretch