



DATE3/22
FORMAT: Inferno

***** 5 Minute Warm Up TIC:** (5 exercises)

STRENGTH Side

Focus: Back/Chest

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
6	8	10	ALT Push-Ups on BOSU (ea)	-	-	-
12	12	12	Chest Scoops	<10	12-15	20+
			2 nd 15 Mins:			
15	20	25	BOSU Crossbody Mtn. Climbers (ea)	-	-	-
8	10	12	Push Up/Shoulder Taps (ea)	-	-	-
			3 rd 15 Mins:			
8	10	12	BOSU Burpee	-	-	-
7	10	10	Bear Renegade Row (ea)	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
20	30	40	BR w/ Out to In Hop	-	-	-
5	5	5	KB Row Trio	<15	20-25	30+
			2 nd 15 Mins:			
5	6	6	SB Burpee Clean	Lt	Lt	Hvy
10:10	12:12	15:15	Fast Feet/ Air Jacks	-	-	-
			3 rd 15 Mins:			
10	12	15	KB Pullover on Box	<15	20-25	30+
6	7	8	Lateral Shuffle Taps (ea)	-	-	-

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 st 15 Mins:	Distance	.5	.7	.8
2 nd 15 Mins:	Calories (men +5)	10	15	20
3 rd 15 Mins:	Seated Distance	.5	.7	.8

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
Bear Hug Stretch
Lying Leg Raise
Lying Arm Reach
side lying knee bend