



DATE: 3/29
FORMAT: Monsoon

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
5	5	6	ALT Back to Front Lunge (ea)	-	<12	15+
20:20	20:20	20:20	Scissor Kicks/Crossbody Crunch	-	-	-
8	8	10	1.5 Sumo Squat	<15	20-30	35+
			2 nd 6			
8	8	10	Plyo Sprinter's Lunge	-	-	-
8	10	12	Full Sit-Ups	-	-	-
8	10	12	Crouch Lunge (ea)	-	-	-

HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
30	40	50	ALT BR on BOSU (ea)	-	-	-
8	8	10	ALT SB Front Lunge (ea)	Lt	Lt	Hvy
8	10	12	BOSU Burpee	-	-	-
			2 nd 6			
10	12	15	Jumping Wallball	12	16	20
10	12	15	Hanging Knee Raise	Reverse Crunch	-	TTB
7	7	7	BOSU SMS	-	-	-

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 6mins				
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 2 nd 6mins				
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 3 rd 6mins				
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
Bike Ride: 4 th 6mins				
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double 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:

Butterfly Stretch
Heel Press
Downdog
Sprinter Stretch
Standing Hamstring with Toe Up