



DATE: 3/7
FORMAT: Monsoon

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6 Mins:			
12	12	12	Straight Arm Pull Through	<12	15-20	25+
12	12	12	Pronated Row	<12	15-20	25+
12	12	12	Straight Arm Sit Ups on TC	<12	15-20	25+
			2 nd 6 Mins:			
12	12	12	TC SuSu *weighted*	<12	15	20
10	10	10	Deadlift/Shrug	<20	25-40	45+
8	8	8	Single Arm Pronated Row on TC (ea)	<12	15-25	30+

HIIT Side

Focus: Back/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6 Mins:			
6	7	8	Stone Squat and Throw	Lt	Lt	Hvy
8	8	8	Pull Ups	-	-	-
6	7	8	Stone Crushers	Lt	Lt	Hvy
			2 nd 6 Mins:			
6	7	8	KB Back Lunge Haybalers	<15	20-30	35+
10	12	15	Butterfly Sit-Up	-	-	-
7	7	7	KB Snatch (ea)	<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: 1 st 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 nd 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 rd 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 th 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

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:

Seated glute stretch
Side Reach
Lying Down Hamstring Pull
Lying Spinal Twist
Sprinters Rotational Stretch