



DATE: 4/1

FORMAT: Crazy 8's

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
12	12	12	Double DB Snatch with Squat Jump	<10	12-15	20+
5	5	5	Renegade Row/Half Burpee	<12	15-25	30+
8	8	8	Single Arm OTH Extension (ea)	<10	12-15	20+
			2 nd 8 Mins:			
12	12	12	Crush Press	<15	20-30	35+
5	5	5	Slamball Shoulder Squat with Slam (ea)	20	20	20
10	10	10	1:1 Deadlift/ Yo-Yo	<15	20-30	35+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
8	10	12	Chin Ups	-	-	-
2	2	3	Russian Swing/American Swing 5:5	<20	25-35	40+
<15	20	25+	KB Bottoms Up Split Squat (ea)	<15	20	25+
			2 nd 8 Mins:			
15	20	25	BR Diagonal Chops (ea)	-	-	-
6	8	10	Spider Push Up (total)	-	-	-
10	20	25	BR High Plank Bridge	-	-	-

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			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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:

Bear hug stretch/Butterfly Stretch
Side Lying Knee Bend
lying arm reach
Cross body IT band stretch
Sprinters rotational Stretch