



DATE: 4/19
FORMAT: Sunny Day

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: TC Hop Overs (ea)	-	-	-
8	10	15	Squat Press on TC	<10	12-20	25+
6	8	10	TC Power Clean & Press	-	-	-
6	8	10	Renegade Row/Knee 2 Elbow (ea)	<10	12-20	25+
3 Minutes			FINISHER: 10:10 TC Plank Jack/TC Squat Drop	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: KB Yo-Yos	<15	20-30	35+
6	8	10	KB Clean & Press (ea)	<15	20-25	30+
10	10	10	SB Front Squat	Lt	Lt	Hvy
7	7	7	Goblins (w/ KB)	<15	20	25
3 Minutes			FINISHER: **Wallball (Challenge)			

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:				
	STARTER:	.5	.5	.5
	TC			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/RR (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

Lying down internal twist and reach
Standing triceps extend and reach
Arm Across Stretch
Hand Behind Back
Side Reach