



DATE: 4/21
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8			
12	15	20	ALT Chest Press on TC (ea)	<12	15-25	30+
12	15	20	TC Close Grip Mtn. Climbers	-	-	-
12	15	20	Inclined Crush Press on TC	<12	15-25	30+
			2 nd 8			
10	10	12	ALT Bent Over Row (ea)	<12	15-25	30+
6	8	10	TC Push-Up Rock N' Row	-	-	-
12	15	20	Back Ext on TC	-	-	-

HIIT Side

Focus: Chest/Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8			
15	25	35	MYO High Knee Runners	-	-	-
12	15	20	MYO Chest Press	-	-	-
6	8	10	Lateral Box Shuffle (ea)	-	-	-
			2 nd 8			
6	8	10	KB Row Duo	<15	20-25	30+
6	8	10	180 Burpee	-	-	-
10	12	15	MYO Supinated Row	-	-	-

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat 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:

Side lying knee bend
 Lying Spinal Twist
 Hand Behind Back
 Arm Across Stretch
 Cobra/DownDog