



DATE: 4/26
FORMAT: Monsoon

STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
5	6	7	Straight Arm Sit-Up/Press	<10	12-15	20+
5	6	7	Single Arm Squat/High Row (ea)	<15	20-30	35+
5	6	7	Hammer Curl/Press/OTH Extension	<10	12-15	20+
			2 nd 6			
5	6	7	ALT Back Lunge Clean (ea)	<15	20-25	30+
4	4	4	Single Leg Burpee (ea)	-	-	-
5	6	7	Split Squat w/ Curl (ea)	<10	12-15	20+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
6	8	10	Inchworm/Push-Up	-	-	-
10	12	15	BR Russian Twists	-	-	-
6	7	7	Kneeling Haybaler w/ KB (ea)	<15	20-25	30+
			2 nd 6			
4	4	4	SB Rover	Lt	Lt	hvy
10	15	20	ALT Kneeling BR Slams (ea)	-	-	-
4	5	6	Double KB Snatch	<15	20	25+

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:
Standing figure 4 and bend
Heel Press
Standing hamstring with toe up
Lying down internal twist and reach
Side lying knee bend