



DATE: 4/7

FORMAT: Sunny Day

STRENGTH Side

Focus: Chest/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
12	14	16	STARTER: Spider Climbers on BOSU (ea)	-	-	-
5	6	7	ALT Push-Ups on BOSU (ea)	-	-	-
10	12	15	Incline Chest Press on BOSU	<15	20-30	35+
5	6	7	Single Leg Hip Bridge w/ Chest Fly (ea)	<10	12-20	25+
3 Minutes			FINISHER: 10:10 DB American Swings/Suitcase Swings	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: SB Snatch	Lt	Lt	Hvy
5	6	7	SB Push-Up Lateral Drag (ea)	Lt	Lt	Hvy
5	6	7	Lateral Shuffle Tap	-	-	-
8	10	12	MYO Chest Fly	-	-	-
3 Minutes			FINISHER: DBLU	-	-	-

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:	.3	.4	.5
	TC			
	CDC- 0:30 OOS/0:30S/RR			
	CDC- 0:30 S/0:30 OOS/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:

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