



DATE: 4/9
FORMAT: Monsoon

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
8	8	8	OTH DB Split Squat (ea)	<8	10-15	20+
8	8	8	Slamball Sumo Carriers	20	20	20
8	8	8	ISO Hold Surrender (ea)	<8	10-15	20+
			2 nd 6			
8	8	8	Weighted Sprinter's Lunge	<8	10-15	20+
5	5	5	Loaded Slamball Slams (ea)	20	20	20
10	12	14	Lateral Squat (total)	-	<15	20+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6			
7	7	7	Atomic Broad Jump	12	16	20
7	7	7	ALT Bear Hug Front Lunge (ea)	Lt	Lt	Hvy
7	7	7	SB Squat Lunge Combo	Lt	Lt	Hvy
			2 nd 6			
7	7	7	KB High Pull (ea)	<15	20-30	35+
7	7	7	Plyo Step Up (ea)	-	-	-
10	12	14	MYO Hamstring Runner (ea)	-	-	-

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				
3:00	S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
Bike Ride: 2 nd 6mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/RR 0:30 (complete 3x)			
Bike Ride: 3 rd 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 st group High MPH, 2 nd group RR.			
	TC			
Bike Ride: 4 th 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 st group High Watts, 2 nd group RR.			

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
Cross body IT band stretch
Sprinter/Hamstring flow
Bear hug stretch/Butterfly Stretch
Side Reach