



DATE: 6/2  
FORMAT: Monsoon

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 6			
5	6	7	Push-Up Plank T-Rotation (ea)	-	-	-
8	10	12	Crossbody Crunch (ea)	-	-	-
8	10	12	Slamball Yo-Yo	20	20	20
			2 <sup>nd</sup> 6			
5	6	7	Sprinters Lunge and Row (ea)	<10	12-20	25+
15	15	15	Leg Raises	-	-	-
10	12	15	Squat Press	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 6			
6	8	10	OTH BR Surrender (ea)	-	-	-
7	7	7	KB Chest Press on box (ea)	<15	20-25	30+
10	10	10	Lateral Shuffle Tap (total)	-	-	-
			2 <sup>nd</sup> 6			
30	40	50	BR In & Outs	-	-	-
8	8	8	ALT KB Gorilla Row (ea)	<15	20-30	35+
10	12	15	Kneeling Wallball	<12	16	20

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 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 <sup>nd</sup> 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 <sup>rd</sup> 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 <sup>th</sup> 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:

<b>1.5 Sit-Up</b>
<b>ALT Leg Raise (ea)</b>
<b>ALT Single Arm/V-Up (ea)</b>
<b>Butterfly Sit-Up</b>
<b>Candlesticks</b>