



DATE: 5/10
 FORMAT: Crazy 8's

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
10	12	15	Push-Up	-	-	-
6	7	8	ALT Weighted V-Up (ea)	<8	10-12	15+
6	7	8	Bear Renegade Row (ea)	<10	12-20	25+
			2 nd 8 Mins:			
6	7	8	Single Arm Push Press (ea)	<12	15-25	30+
10	12	15	Straight Leg Sit-Ups	-	-	-
-	-	2	21's	<10	12-20	25+

HIIT Side

Focus: Upper Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
8	10	12	Kneeling Wallball	<12	16	20
8	10	12	Pull-Ups	-	-	-
6	8	10	Bottoms Up KB Press (ea)	<15	20	25+
			2 nd 8 Mins:			
6	8	10	ALT KB Jumping Lunge (ea)	<15	20	25+
6	8	10	MYO Oblique Knee Tuck (ea)	-	-	-
6	8	10	Cyclists Presses	<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

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

Time	Type	L1	L2	L3
Bike Ride: 1 st 8mins				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	TC			

Recovery Protocol:
Shoulder Extension
Crossbody IT Band Stretch
Cat/Cow
Seated glute stretch
Bear Hug Stretch