



DATE: 5/13
FORMAT: Inferno

***** 5 Minute Warm Up TIC:** (Jumping Jacks, High Knees, ALT Sprinter's Lunge, Sumo Squats, in-Outs)

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
10	10	10	Slamball Back Lunge (ea)	20	20	20
7	7	7	Goblet Squat *Heavy*	<20	25-35	40+
			2 nd 15 Mins:			
10:10	12:12	15:15	Suitcase Swing/Racked Squat	<12	15-25	30+
15	20	25	Air Squat	-	-	-
			3 rd 15 Mins:			
10	10	10	Slamball Sumo Carriers	20	20	20
10	10	10	B-Stance RDL (ea)	<15	20-25	30+

HIIT Side

Focus: Lower Body /HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	MYO Pistol Squat (ea)	-	-	-
7	7	7	Single KB Racked Squat (ea)	<20	25-30	35+
			2 nd 15 Mins:			
15	20	25	BR Squat Jump	-	-	-
10	10	10	Offset KB Squat (ea)	<20	25-30	36+
			3 rd 15 Mins:			
3	4	4	DAB Duck Walk	-	-	-
8	10	12	ALT Jumping Lunge (ea)	Holding MYOs	Holding MYOs	-

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

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1 st 15 Mins:	Calories on Console	20	30	40
2 nd 15 Mins:	Distance on Bike	.6	.8	1.0
3 rd 15 Mins:	Calories on Console	20	30	40

Recovery Protocol:

Crossbody IT Band Stretch
Heel Press
Standing Hamstring with Toe Up
Sprinter Stretch
Pigeon Pose

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