



DATE: 5/14

FORMAT: Supernova ***Add 2 reps each round****

STRENGTH Side

Focus: Bi/Tri/Ab

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Single Leg Burpee (ea)	-	-	-
4	4	4	ISO Bicep Curl (ea)	<10	12-15	20+
4	4	4	3:1Triceps DB Press/Skull Crushers	<12	15-20	20+
4	4	4	Straight Leg Sit-Up/V-Up	-	-	-

HIIT Side

Focus: Bi/Ab/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Jacks Squared	-	-	-
4	4	4	MYO Knee Tuck	-	-	-
4	4	4	DBL KB Clean	<15	20-25	30+
4	4	4	MYO Clutch Curl	-	-	-

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: 4 mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5 mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 6 mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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:

Standing Triceps Extend and Reach

Seated glute stretch

Cobra

side lying knee bend

Palm Press