



DATE: 5/15  
 FORMAT: Sunny Day

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	<b>STARTER:</b> Hand Release Push-Ups	-	-	-
10	12	15	Crossbody Mtn. Climbers (ea)	-	-	-
10	12	15	ALT Bent Over Row (ea)	<12	15-20	25+
10	12	15	Single Arm Chest Fly (ea)	<12	15-20	25+
3 Minutes			<b>FINISHER:</b> 5:5 Push-Up/High Plank Bird Dog/Kick Through/Jump Squat	-	-	-

### HIIT Side

Focus: Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	14	<b>STARTER:</b> Lateral Shuffle Tap (total)	-	-	-
7	7	7	SB Burpee Snatch	Lt	Lt	hvy
8	10	12	Chin-Ups	-	-	-
8	10	12	Single Arm KB Row (ea)	<15	20-25	30+
3 Minutes			<b>FINISHER:</b> 5:10 Slamball Broad Jump Shuffle/KB Pullover on Box	20/<15	20/20-30	20/35+

### 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:				
	<b>STARTER:</b> Distance on Bike	.4	.5	.6
	TC			
	CEC- 0:30 OOS/0:30S/RR			
	CEC- 0:30 S/0:30 OOS/RR (try to beat previous)			
	LMAO			
(3 Mins)	<b>FINISHER:</b> 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:

**Standing Quad Stretch**  
**Bear Hug Stretch**  
**Pigeon Pose**  
**Arm Across Stretch**  
**Butterfly Stretch**