



DATE: 5/27  
FORMAT: Supernova

### STRENGTH Side

Focus: Gun Show

L1	L2	L3	Exercise: **Add 2 reps ea round	L1	L2	L3
5	5	5	Grave Digger (ea)	<12	15-20	25+
5	5	5	HWH Curl	<12	15-20	25+
5	5	5	Single Arm Rocky Press (ea)	<12	15-20	25+
5	5	5	Skull Crushers	<12	15-20	25+

### HIIT Side

Focus: Arms /HIIT

L1	L2	L3	Exercise: **add 2 reps ea round	L1	L2	L3
5	5	5	Kneeling Slamballs	20	20	20
5	5	5	KB OTH Press	<20	25-30	35+
5	5	5	BR Diagonal Chops (ea) **Add 5 ea round**	-	-	-
5	5	5	Box Dips	-	-	-

### 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: 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:

<b>Butterfly Stretch</b>
<b>Arm Across Stretch</b>
<b>Heel Press</b>
<b>Standing Triceps Extend and Reach</b>
<b>Palm Press</b>