



DATE: 5/30
FORMAT: Inferno

***** 5 Minute Warm Up TIC: (5 exercises)**

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	ALT Chest Press on TC (ea)	<15	20-30	35+
10	12	15	Bent Over Row	<15	20-30	35+
			2 nd 15 Mins:			
10	12	15	DB Pullover/Crunch on TC	<15	20-30	35+
10	12	15	Chest Scoops	<10	12-15	20+
			3 rd 15 Mins:			
10	12	15	Chest Fly on TC	<12	15-25	30+
10	12	15	Straight Arm Pull Throughs	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	ALT KB Gorilla Row (ea)	<15	20-30	35+
20	25	30	ALT BR (ea)	-	-	-
			2 nd 15 Mins:			
10	12	15	MYO Parallel Row	-	-	-
10	12	15	Cyclists Presses	<15	20-25	30+
			3 rd 15 Mins:			
10	12	15	MYO Supinated Row	-	-	-
10	12	15	Wide Push Ups	-	-	-

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 Bike	15	20	25
2 nd 15 Mins:	Distance on Bike	.5	.6	.6
3 rd 15 Mins:	Calories on Bike	15	20	25

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:

Cat/Cow

Lying Down Figure 4

Lying Arm Reach

Pigeon Pose

Bear Hug Stretch