



DATE: 5/5  
FORMAT: Monsoon

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
10	12	15	Kneeling Slamballs	20	20	20
5	5	5	ISO Lunge/Single Arm Press (ea)	<10	12-15	20+
8	10	12	Oblique Jack Knives (ea)	-	-	-
			<b>2<sup>nd</sup> 6 Mins:</b>			
6	8	10	TC Power Clean & Press	-	-	-
2	2	3	DB Rover	<10	12-20	25+
3	4	5	TC ALT Jump Lunge/Hopover (ea)	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
20	30	40	ALT BR on BOSU (ea)	-	-	-
8	10	12	Hip Dips on BOSU (ea)	-	-	-
8	10	12	KB Double High Pull	<15	20-30	35+
			<b>2<sup>nd</sup> 6 Mins:</b>			
20	30	40	BOSU Hammer BR	-	-	-
10	12	15	Spider Climbers on BOSU (ea)	-	-	-
6	8	10	Single Arm KB Leg Raise (ea)	<15	20-30	35+

### 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: 1 <sup>st</sup> 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 <sup>rd</sup> 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 <sup>th</sup> 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

#### 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:

Butterfly Stretch  
Cobra  
Crossbody IT Band Stretch  
Arm Across Stretch  
Lying Down Figure 4