



DATE: 7/18
FORMAT: Inferno

***** 5 Minute Warm Up TIC: JUMPING JACKS, AIR SQUATS, HEEL KICKS IN-OUTS, SUPERMANS**

STRENGTH Side

Focus: CHEST/BACK

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	8	8	BOSU Burpee	-	-	-
4	4	4	Push-Up 2 Snatch (ea)	<15	20-25	30+
			2 nd 15 Mins:			
8	8	8	ALT Incline Chest Fly on BOSU (ea)	<12	15-25	30+
12	12	12	Chest Scoops	<10	12-15	20+
			3 rd 15 Mins:			
12	12	12	Deadlift/Shrug	<25	30-40	45+
7	7	7	Renegade Row on BOSU (ea)	<10	12-20	25+

HIIT Side

Focus: CHEST/BACK/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
15	15	15	American KB Swing	<20	25-40	45+
15	15	15	Little Man in the Woods	-	-	-
			2 nd 15 Mins:			
6	7	8	Push-Up Toe Touch (ea)	-	-	-
7	8	9	MYO Chest Fly	-	-	-
			3 rd 15 Mins:			
4	5	5	KB Row Duo	<15	20-25	30+
8	10	10	MYO High Row	-	-	-

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:	Distance	.4	.6	.8
2 nd 15 Mins:	Calories on Bike (men +5)	12	15	20
3 rd 15 Mins:	Distance (seated)	.4	.5	.6

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:

Bicycle Crunch
Butterfly Sit-Up
Crossbody Bicycle/V-Up
Jack Knives
Toe Press Ups