



DATE: 7/22
 FORMAT: Sunny Day

STRENGTH Side

Focus: Heavy Back/Bicep Burn Out

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Slamball Burpee	20	20	20
7	7	7	Deadlift	<20	25-40	45+
7	7	7	Supinated Row	<12	15-25	30+
7	7	7	Reverse Fly	<8	10-15	20+
3 Minutes			FINISHER: 5:10 ALT Bicep Curl (ea)/Hammer Curl	<10	12-15	20

HIIT Side

Focus: Back/Biceps/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	STARTER: Jump Rope	-	-	-
2	2	3	ALT DAB Bottoms Up Hold w/ 2 Snatch B.E (ea)	<15	20-25	30+
6	6	7	MYO Single Arm Floor Touch (ea)	<15	20-25	30+
6	6	7	ALT Plank Kick Through (ea)	-	-	-
3 Minutes			FINISHER: 7:7 MYO Clutch Curl/ MYO Bicep Curl	-	-	-

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:				
	STARTER:	.4	.4	.4
	TC			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/RR (try to beat previous)			
	LMAO			
(3 Mins)	FINISHER: 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:

ALT Leg Raise (ea)
Crunch
Russian Twist
Knee Up Crunches
V-Punches