



DATE: 7/28  
FORMAT: Supernova

### STRENGTH Side

Focus: Total Body Power

L1	L2	L3	Exercise: <b>**Add 2 reps each rd**</b>	L1	L2	L3
4	5	6	Single Arm Push Press (ea)	<15	20-25	30+
6	8	10	ALT Plank Hip Dips (ea)	-	-	-
6	6	7	Racked Sumo Squat	<15	20-25	30+
6	6	7	Side Plank Press	<8	10-12	15+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>**Add 2 reps each rd**</b>	L1	L2	L3
8	8	10	ALT BR Surrenders (ea)	-	-	-
5	5	5	Pike Push-Ups	-	-	-
5	5	5	ALT KB Pendulum Swing (ea)	<15	20-25	30+
4	4	4	3 Point Crunch	-	-	-
7	7	7	ALT Wall Ball Lunges (ea)	12	16	20

### 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>V-Ups</b>
<b>Full Sit-Ups</b>
<b>Russian Twist</b>
<b>Scissor Kicks</b>
<b>Butterfly Sit-Up</b>