



DATE: 7/3
 FORMAT: Inferno

***** 5 Minute Warm Up TIC:** High Knees, Mt Climbers, Butterfly Sit ups, Supermans, ALT Side Kickthroughs

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	BOSU Burpee	-	-	-
10	12	15	Candlesticks	-	-	-
			2 nd 15 Mins:			
10	12	15	DB Hang Clean & Press	<15	20-25	30+
10	12	15	Bent Over Row	<15	20-25	30+
			3 rd 15 Mins:			
7	7	7	Split Squat w/ Curl (ea)	<10	12-15	20+
8	10	12	1.5 Sit-Up	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	TC Susu KB Press	<20	25-30	35+
10	12	15	MYO Roll Ins	-	-	-
			2 nd 15 Mins:			
10	12	15	Plank Tap Backs (ea)	-	-	-
8	8	8	Goblins w/ KB	<15	20-25	30+
			3 rd 15 Mins:			
10	12	15	ALT Box Decline Spider Climber (ea)	-	-	-
10	12	15	Wipers (Holding TC)	-	-	-

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	.5	.6	.7
2 nd 15 Mins:	Energy Pts (men +5)	12	15	20
3 rd 15 Mins:	Calories on console	12	15	20

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:

3 Point Crunch
 Butterfly Sit-Up
 Jack Knives
 Wipers
 Candlesticks