



DATE: 6/23
 FORMAT: Sunny Day

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
5	7	7	STARTER: ALT Back Lunge w/ Lateral Raise (ea)	<8	10-12	15+
6	8	10	Inchworm/Push-Up	-	-	-
7	7	7	Snatch (ea)	<15	20-30	35+
10	10	10	1.5 Center Hold Squat	<15	20-30	35+
3 Minutes			FINISHER: (5:5) Single Leg Burpee (ea)/Squat Drops	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	STARTER: Gladiators	-	-	-
10	15	15	Box Jump	-	-	-
30:30	40:40	50:50	BR/ALT BR (ea)	-	-	-
6	8	10	OTS Stone Toss (Total)	Lt	Hvy	Hvy
3 Minutes			FINISHER: (5:5)SB Squat High Row/ SB Clean	Lt	Hvy	Hvy

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: Distance	.3	.4	.5
	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:

3 Point Crunch
ALT Plank Hip Dips (ea)
Amped Butterfly Sit-Ups
Bicycle Crunch
Crossbody Bicycle/V-Up