



DATE: 6/27
 FORMAT: Crazy 8's

STRENGTH Side

Focus: GUNSHOW!

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--------------------------|-----|-------|-----|
| | | | 1st 8 | | | |
| 10 | 10 | 12 | ALT Bicep Curl (ea) | <10 | 12-15 | 20+ |
| 10 | 10 | 15 | Diamond Push-Ups | - | - | - |
| 10 | 12 | 15 | Oblique Jack Knives (ea) | - | - | - |
| | | | 2nd 8 | | | |
| 10 | 10 | 12 | Top Half Curls | <10 | 12-15 | 20+ |
| 10 | 10 | 12 | Katana Extension (ea) | <10 | 12-15 | 20+ |
| 8 | 8 | 8 | Up and Over (ea) | - | - | - |

HIIT Side

Focus: Arms/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| | | | 1st 8 | | | |
| 8 | 8 | 8 | KB Lateral Lunge Floor Touch/High Row (ea) | <15 | 20-30 | 35+ |
| 12 | 12 | 12 | MYO Clutch Curl | - | - | - |
| 8 | 8 | 8 | KB Clean & Press (ea) | <15 | 20-30 | 35+ |
| | | | 2nd 8 | | | |
| 15 | 15 | 15 | Wallball SuSu on TC | <12 | 16 | 20 |
| 15 | 15 | 15 | Amped Butterfly Sit-Ups | - | - | - |
| 15 | 15 | 15 | TC Clean/Press | - | - | - |

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: 1 st 8mins | | | | |
| | TC | | | |
| 1:00 | CEC- :20 OOS/:20 S/:20 OOS then RR | | | |
| 1:00 | CEC- repeat above, attempt to beat previous | | | |
| | TC | | | |
| | | | | |
| | | | | |
| Bike Ride: 2 nd 8mins | | | | |
| | TC | | | |
| 1:00 | CDC- :20 OOS/:20 S/:20 OOS then RR | | | |
| 1:00 | CDC- repeat above, attempt to beat previous | | | |
| | 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:

Full Sit-Ups
Russian Twist
Butterfly Sit-Up
Bicycle Crunch
Leg Raises