



DATE: 9/17
FORMAT: Inferno

***** 5 Minute Warm Up TIC:** (Inch Worms, Butt Kicks, Mt Climbers, Butterfly Sit Ups, Crab Toe Touches)

STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
8	10	12	Blast Off Push-Ups	-	-	-
8	10	12	Candlesticks	-	-	-
			2 nd 15 Mins:			
8	10	12	Dragon Flies	<12	15-25	30+
12	15	20	Plank Jacks	-	-	-
			3 rd 15 Mins:			
8	8	8	Single Arm Chest Fly (ea)	<12	15-20	25+
8:4	8:6	8:8	Hand Knee Crossover/Half Burpee	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 15 Mins:			
30	40	50	ALT BR (ea)	-	-	-
8	9	10	Heismans	-	-	-
			2 nd 15 Mins:			
8	8	8	KB Chest Press on box (Single Arm) (ea)	<15	20-25	30+
8	10	12	MYO Roll Ins	-	Knees on Bosu	Knees on Bosu
			3 rd 15 Mins:			
12	15	20	KB Double High Pull	<15	20-25	30+
10	12	15	Kneeling Wallball	<12	16	20

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:	Calories on Console	10	15	20
2 nd 15 Mins:	Seated Distance (console)	.5	.6	.7
3 rd 15 Mins:	Calories on Console (Seated)	8	12	16

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:

V-Ups

Russian Twist

Toe Touches

Reverse Crunch

1.5 Sit-Up