



DATE: 9/20  
FORMAT: Sunny Day

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	<b>STARTER:</b> TC Hop Overs (ea)	-	-	-
8	10	15	Squat Press on TC	<10	12-20	25+
6	8	10	TC Power Clean & Press	-	-	-
6	8	10	Renegade Row/Knee 2 Elbow (ea)	<10	12-20	25+
3 Minutes			<b>FINISHER:</b> 10:10 TC Plank Jack/TC Squat Drop	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	<b>STARTER:</b> KB Yo-Yos	<15	20-30	35+
6	8	10	KB Clean & Press (ea)	<15	20-25	30+
10	10	10	SB Front Squat	Lt	Lt	Hvy
7	7	7	Goblins (w/ KB)	<15	20	25
3 Minutes			<b>FINISHER:</b> **Wallball (Challenge)			

### 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:				
	<b>STARTER:</b>	.5	.5	.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)	<b>FINISHER:</b> 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:

**Buzz Saw Plank**  
**ALT V-Up (ea)**  
**High Plank Toe Touches**  
**Scissor Kicks**  
**Toe Press Ups**