



DATE: Tuesday 9/13/2022
 FORMAT: Apocalypse
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: SHOULDERS/LEGS/ABS

L1	L2	L3	Exercise:	L1	L2	L3
8:8	10:10	10:10	Single Arm Squat High Row/ Statue of Liberty	<12	15-25	30+
8:8:8	10:10:10	10:10:10	Alt Plank Hip Dips/Bicycles/Reverse Crunches	-	-	-
8:8:8	10:10:10	10:10:10	Suitcase Swings/Shoulder Press/Racked Squats	<10	15-25	30+
8:8	10:10	10:10	Weighted Static lunge/Single Leg Glute Hip Bridge	<10	15-25	30+
8:8	10:10	10:10	DB Back Lunge Haybalers/Squat Drop (no weight)	<10	15-25	30+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
1:10	1:10	1:10	4 X 10 BR Mayhem/American Swings	<15	20-30	35+
5:5	8:8	10:10	MYO Push Up/MYO Chest Fly	-	-	-
10:10	10:10	10:10	Side jack knives(ea)/Leg lifts	-	-	-
8:8	8:8	8:8	Box Jump/High Knees (ea)	16"	20"	24"
10:10	10:10	10:10	KB SCP/Jumping Jacks	<15	20-40	40+

Bike Protocol:

Bike Abbreviations

OOS – Out of Saddle S – Seated
 SP – Sprint
 C – Climb

TC –Trainers Choice
 (Sprint, Climb, Tier etc..)
 No CHALLENGES
 LMAO – Last Minute All Out
 CEC (Class Energy Challenge)
 CDC (Class Distance
 Challenge) (CCC) Class Calorie
 Challenge (AFAP) As Far/Fast
 as Possible

**Recovery Ride = Low/med
 gear L1 = 60 rpms
 L2 = 70 rpms
 L3 = 80 rpms**

Time	Type	L1	L2	L3
3:00	TC			
3:00	1:00/1:00/1:00 OOS/S/OOS			
3:00	TC			
3:00	CDC			
3:00	TC			
2:00	CEC			
:30	RR			
:30	TC			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 st)	3C (Members distribute evenly on bike, HIIT & strength)	Circle (Bikes are placed in a circle around the room)
Doomsday	Earthquake	Flash Flood	Tropical Storm	Fireball
Crazy 8's	Apocalypse	Supernova	Tornado	Asteroid
Vortex	Typhoon			Cyclone (optional)
Hurricane	Monsoon			Twister (optional)
Blizzard	Heatwave			Supercell (optional)
Mudslide	Armageddon			