



DATE: 9/6 (Tuesday)

FORMAT: Heatwave

WARM UP: Bike

AFTER CLASS STRETCHES: Instructor's Choice

STRENGTH Side

Focus: Chest/Tri's

L1	L2	L3	Exercise:	L1	L2	L3
			Alt Bench Press	<20	25-40	45+
			Push-ups	-	-	-
			Chest Fly	<10	12-20 Dragon Fly	25+ Dragon Fly
			2x			
			Close Grip Press	<12	15-25	30+
			Crab Toe Touch	-	Crab-sit up	Crab Sit- up
			ALT. Skull Crusher	<10	12-20	25+
			2x			

HIIT Side

Focus: Tri/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
			Jump Rope	-	DBLU	DBLU
			Kneeling KB OTH Ext	<20	25-35	40+
			Spider Climbers (ea)		8:8 + in & Out	8:8 in & out
			MYO Runners	-	-	-
			MYO Skull Crushers	-	+ MYO front lunge	+ MYO front lunge
			ALT Commander Push Ups	-	-	-

TC Bike Abbreviations

OOS – Out of Saddle

S – Seated

SP – Sprint

C – Climb

IC – Instructor's Choice

(Sprint, Climb, Tier etc..)

No CHALLENGES

LMAO – Last Minute All Out

Recovery Ride = Low/med gear

L1 = 60 rpms

L2 = 70 rpms

L3 = 80 rpms

Time	Type	L1	L2	L3
13:00 Bike Ride				
2:00	IC			
:30	Sprint (RPMs)	90	100	110
:30	Recovery			
3:00	IC			
1:00	:30 S/:30 OOS	90/50	100/65	110/80
:30	Recovery			
5:30	IC			
13:00 Bike Ride				
8:00	IC			
2:00	Class Energy Challenge			
:30	Recovery			
2:30	IC			
1:00	LMAO			

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				