



DATE: 9/7
 FORMAT: Supernova
 WARM UP: Bike
 AFTER CLASS STRETCHES: Instructor's Choice

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise: *Reps go up each round	L1	L2	L3
3	3	3	Yo-yo/Hammer Curl	<10	12-20	25+ 2:1 yo-yo/hammer curl
3	3	3	Cross Knee 2 Elbow (ea)		+10lbs	+15lbs
3	3	3	45 Degree Curl	<10	12-20	25+
3	3	3	Reverse Crunch	-	-	-
3	3	3	Alt. Curl (ea)	<10	12-20	25+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise: *Reps go up each round	L1	L2	L3
3	3	3	Wall Ball	8	12-16 + Jump	20 + Jump
3	3	3	1:1 Russian/American KB Swing	<20	25-40	45+
3	3	3	Burpee	-	-	+ Tuck Jump
3	3	3	SB Snatch	Light	Light + yo-yo	Heavy + yo-yo
3	3	3	Lateral Shuffle Taps (ea)	-	+ Squat Jump BE	+ 2 Squat Jump BE

Bike Protocol:

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 AFAP = As Fast/Far As Possible Recovery Ride = Low/med gear L1 = 60 rpms (S) 45 rpms (OOS) L2 = 70 rpms (S) 50 rpms (OOS) L3 = 80 rpms (S) 55 rpms (OOS)
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Time	Type	L1	L2	L3
4:00 Bike Ride				
3:00	IC			
:30	:30 MPH Challenge (AFAP)	12+ MPH	18+ MPH	20+ MPH
:30	Energy Challenge (Men add 5)	2	5	8
5:00 Bike Ride				
1:00	:30 S/:30 OOS	90 rpm/50 rpm	100 rpm/65 rpm	110 rpm/80 rpm
:30	Recovery Ride			
3:00	IC			
1:00	LMAO			
6:00 Bike Ride				
1:00	Dist Challenge	.1+	.2+	.3+
:30	Recovery Ride			
3:30	IC			
1:00	Dist Challenge (beat last time)			

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			