



DATE: 9/8 (Thursday)

FORMAT: Mudslide

WARM UP: Bike

AFTER CLASS STRETCHES: Instructor's Choice

**STRENGTH Side**

Focus:

| L1 | L2 | L3 | Exercise:                | L1  | L2             | L3             |
|----|----|----|--------------------------|-----|----------------|----------------|
| 7  | 12 | 12 | Bent Over Row            | <12 | 15-30          | 35+/on TC      |
| 7  | 12 | 12 | DB Squat/Upright Row     | <10 | 12-20          | 25+            |
| 7  | 12 | 12 | DB Pullover/Crunch on TC | <10 | 12-20          | 25+            |
| 4  | 8  | 8  | TC Rock N Row (ea)       | -   | + TC Push Up   | + TC Push Up   |
| 10 | 15 | 15 | TC Back Ext              | -   | 1:1 + Lat Pull | 1:1 + Lat Pull |

**HIIT Side**

Focus:

| L1 | L2 | L3 | Exercise:                 | L1  | L2    | L3  |
|----|----|----|---------------------------|-----|-------|-----|
| 8  | 8  | 8  | DBL KB Deadlift           | <20 | 25-35 | 40+ |
| 8  | 12 | 8  | Chin-ups                  | MYO | Asst. | Rig |
| 2  | 3  | 3  | 10:2 BR Slams/Half Burpee | --- | ---   | --- |
| 8  | 10 | 10 | Slam Ball                 | <15 | 20-30 | 40  |

**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  
 CDC (Class Distance Challenge)  
 CEC (Class Energy Challenge)  
 CCC (Class Calorie Challenge)

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

| Time                  | Type                          | L1        | L2         | L3         |
|-----------------------|-------------------------------|-----------|------------|------------|
| <b>9:00 Bike Ride</b> |                               |           |            |            |
| 1:00                  | Bike Checkpoint 1:00 Distance | .2        | .3         | <.3        |
| :30                   | Recovery Ride                 |           |            |            |
| 6:30                  | IC                            |           |            |            |
| 1:00                  | Class Calorie Challenge       |           |            |            |
| <b>8:00 Bike Ride</b> |                               |           |            |            |
| 1:00                  | :30(S)/:30(OOS)               | 90/50rpms | 100/65rpms | 110/80rpms |
| :30                   | Recovery Ride                 |           |            |            |
| 4:30                  | IC                            |           |            |            |
| :15                   | CEC                           |           |            |            |
| :45                   | Recovery Ride                 |           |            |            |
| :15                   | CEC (beat previous score)     |           |            |            |
| <b>7:00 Bike Ride</b> |                               |           |            |            |
| :30                   | CDC                           |           |            |            |
| :30                   | Recovery Ride                 |           |            |            |
| 6:00                  | IC                            |           |            |            |
| 1:00                  | LMAO                          |           |            |            |

| Traditional<br>(All members start on bike first) |            | Revolution<br>(Members split on circuit 1 <sup>st</sup> ) | 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 |   |   |   |