



DATE: Wednesday, August 10, 2022

FORMAT: Doomsday

STRENGTH Side

Focus: Back/Bi

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	Man Maker	<10	12-20	25+
6	8	10	Single Arm Back Fly (ea)	<10	12-20	25+
4	6	8	Plank Knee 2 Elbow (ea)	----	----	----
8	9	10	Superman Lat Pull	----	----	----
8	10	12	Wide DB Bent Over Row	<10	12-20	25+

HIIT Side

Focus: Back/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	Alt. Russian Swings (ea)	<20	25-35	40+
8	12	8	Pull-ups	MYO	ASST	RIG
2	3	3	SB Rover	Light	Heavy	Heavy
25	40	50	Alt. Jump Rope	----	----	----
6	8	10	Single Arm KB Row (ea)	<20	25-35	40+

TC Bike Abbreviations

OOS – Out of Saddle
 S – Seated
 SP – Sprint
 C – Climb
 IC – Instructor's Choice
 RPM Challenge SSP:
 Level 1 >100
 Level 2 > 110
 Level 3 > 120
 RPM Challenge OOS:
 Level 1 >70
 Level 2 > 75
 Level 3 > 80
 LMAO – Last Minute All Out

Time	Type	L1	L2	L3
27:00	:30 OOS/:15 S – 2x's			
	Tier Move Song			
1:30	Distance Challenge	.3	.4	.5
	IC			
	Power Climb - :20 OOS – 2x	Gear 14+	Gear 18+	Gear 20+
	Sprint Song	90 RPM	100 RPM	110+ RPM
	IC			
	4 Count Jump Song			
1:00	Energy Points	8	15+	25+

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				