



DATE: Thursday, August 11, 2022

FORMAT: Heatwave 45:15 TIC

## STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise: 1 <sup>st</sup> 6 min 1 <sup>st</sup> 3 exercises/2 <sup>nd</sup> 6 min last 3 exercises	L1	L2	L3
			Alt Incline BP on Bosu	<15	20-35	40+
			Decline Push-ups on Bosu	----	----	----
			Chest Fly	<10	12-30	35+
			2x's			
			Crush Press	<15	20-25	30+
			Crossbody Mtn. Climber	----	----	----
			5:5 Leg Raise/Toe Touch	----	----	----
			2x's			

## HIIT Side

Focus: Total Body

L1	L2	L3	Exercise: 1 <sup>st</sup> 6 min 1 <sup>st</sup> 3 exercises/2 <sup>nd</sup> 6 min last 3 exercises	L1	L2	L3
			Box Jumps	Low	Med	Tall
			MYO Push-ups	----	----	----
			Heismans	----	----	----
			2x's			
			KB Farmer's Walk	<15	20-35	40+
			Fast Jacks	----	----	Air Jack
			KB Figure 8's	<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
13:00	4 Count Jump Song			
	IC			
	:30 Energy Points Challenge			
	Sprint Song	90 RPM	100+ RPM	110+RPM
13:00	IC			
	Power Climb :30 watts hold-	125+ watts	200+watts	250+watts
	Tier Move Song			
	Sprint Song (mph)	14+	18+	22+

Traditional (All members start on bike first)		Revolution (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				