



DATE: Wednesday, August 18, 2022

FORMAT: Twister

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
5	8	8	Bulgarian Lunge on Bosu (ea)	<10	12-20	25+
8	15	15	Bosu Obliques (ea)	----	----	----
5	8	8	Offset Goblet Squat on Bosu (ea)	<20	25-40	45+
8	10	10	Toe Touch on Bosu (ea)	----	+15lb	+20lb
10	15	20	Single Leg Glute Bridge on Bosu (ea)	----	----	----

HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
4	8	8	Lateral SB Step-up (ea)	Light	Heavy	Heavy
2x's	3x's	3x's	10:5 Fast Jacks/Air Jacks	----	----	----
8	10	12	SB Walking Lunges (ea)	Light	Heavy	Heavy
6	8	10	Burpee over SB (total)	----	----	----
5	8	8	Single Leg Box Stand Up (ea)	MED	Low	Pistol

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
10:00	Tier Move Song			
	Energy Points (1:30)	8	15	25+
	4 Count Jump Song			
	IC			
	Watts Hold Challenge -:20	130	200+	250+ men +100
	Sprint Song (mph)	15+	19+	23+

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				