



DATE: Thursday, August 18, 2022

FORMAT: Mudslide

STRENGTH Side

Focus: Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Push Press (ea) (Heavy)	<15	20-35	40+
10	10	10	Suitcase Swings	<12	15-25	30+
4	8	8	L Raise (ea)			
4	8	8	Pike Push-ups	----	+Pike Shoulder Tap	+ Pike Shoulder Tap
5	5	5	Single Arm Squat/High Row (ea)	<10	12-20	25+

HIIT Side

Focus: Cardio/Abs

L1	L2	L3	Exercise:	L1	L2	L3
30	30	50	Jump Rope	----	DBLU	DBLU
8	8	8	KB Yo-Yo	<20	25-35	40+
10	12	15	MYO Roll-ins	----	----	----
10	10	10	Skaters (ea)	----	Power Skater	Power Skater
10	12	15	KB Hip Dips (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
9:00	Sprint Song	90 RPM	100 RPM	110+RPM
	1:30 Team Distance			
	Tier Move Song			
8:00	Power Climb Song			
	IC			
	4 Count Jump			
7:00	:30 OOS/:30 S – 2x			
	IC			
	LMAO			

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				