



DATE: Saturday, August 20, 2022

FORMAT: Blizzard

## STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
2x	3x	4x	3:6 Curl/Shoulder Press	<10	12-20	25+
8	15	15	ALT Kickbacks	<10	12-20	25+
6	10	15	Single arm/leg v-up on Bosu (ea)	----	----	----
6	10	10	Warrior Press (ea)	<10	12-20	25+
6	10	10	Incline ISO BP on Bosu (ea)	<10	12-35	40+

## HIIT Side

Focus: Total Body/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
7	10	10	ALT Russian Swings (ea)	<15	20-35	40+
4	5	5	Lateral Shuffle Taps (DAB)	----	Holding Slam Ball	Holding Slam Ball
10	10	10	Push Up		Ft on Box	Atomic Push-up
8	15	15	Slam Ball	15	20-30	40+
8	15	15	Box Jump	16"	20" (1:1) Jumping Squat	24" (1:1) Jumping Squat

### Bike Protocol:

TC Bike Abbreviations
OOS – Out of Saddle
S – Seated
SP – Sprint
C – Climb
IC – Instructor’s Choice
RPM Challenge SSP:
Level 1 >90
Level 2 > 100
Level 3 > 110
RPM Challenge OOS:
Level 1 >70
Level 2 > 75
Level 3 > 80
LMAO – Last Minute All Out

Time	Type	L1	L2	L3	TIC EXERCISES
	Sprint Song				Crouch Lunge
	IC				Yo-yo
1:00	Class Dist Challenge				Bicycle Abs
	4 count jumps				Full Sit ups
1:00	Class Energy Challenge				Air Jacks
1:00	RPM Challenge	90+	100+	110+	

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				