



DATE: Monday, August 22, 2022

FORMAT: Doomsday – Pedal for a Purpose

## STRENGTH Side

Focus: Back/Shoulders

| L1 | L2 | L3 | Exercise:                     | L1   | L2                   | L3                    |
|----|----|----|-------------------------------|------|----------------------|-----------------------|
| 8  | 15 | 15 | Upright Row                   | <10  | 12-15 On Bosu Bubble | 20+ On Flatside       |
| 8  | 12 | 12 | Standing Crush Press          | <10  | 12-15 Kneeling       | 20+ Seated            |
| 6  | 8  | 8  | ALT Bent Over Row (ea)        | <10  | 12-15 Renegade Row   | 20+ Bear Renegade Row |
| 4  | 8  | 8  | 1:1 Kneeling Haybaler/Halo    | <10  | 12-15                | 20+                   |
| 10 | 15 | 20 | 1:1 Back Ext/Lat Pull on Bosu | ---- | ----                 | ----                  |

## HIIT Side

Focus: Back/Cardio

| L1 | L2 | L3 | Exercise:            | L1   | L2       | L3                         |
|----|----|----|----------------------|------|----------|----------------------------|
| 8  | 12 | 8  | Chin ups             | MYO  | Assisted | Rig + 3 Second Hold at top |
| 8  | 12 | 12 | Yo-yo                | ---- | Burpee   | L2 + broad jump            |
| 8  | 12 | 12 | DBL KB Russian Swing | <10  | 15-20    | 25+                        |
| 8  | 10 | 10 | Step Up (ea)         |      | Plyo     | L2 + light SB              |
| 8  | 15 | 15 | Gorilla Row (ea)     | <10  | 15-20    | 25+                        |

Bike Protocol:

| 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                                  | Level 1 | Level 2 | Level 3 |
|------|---------------------------------------|---------|---------|---------|
|      | PFAP Keep it fun, Fast, and exciting. |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |
|      |                                       |         |         |         |

Formats:

| Traditional<br>(All members start on bike first) |            | Revolution<br>(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   | Armageddon |   |   |   |