



DATE: Tuesday, August 23, 2022

FORMAT: Armageddon – Pedal for a Purpose

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Bench Press on TC	<15	20-35 ALT	40+ ISO
6	10	10	Commander Push-up (ea)	----	On TC	On TC
8	10	10	Push-up on TC	Knees	Toes	L2 + Rock n Row
8	12	12	Weighted Elbow 2 Knee (ea)	<8	10-15	20+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	2	3	BR Mayhem	----	----	----
8	10	10	Slam Ball	15	20-30 w/ OTS Toss	40+ w/ OTS Toss
30	30	75	Jump Rope	----	Single Leg (ea)	DBLU
4	8	8	2:2 jumping Jack/Squat jump	----	Air Jack	L2 + 180 squat jump

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!			

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	Armageddon			