



DATE: Thursday, August 25, 2022

FORMAT: Supernova

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	4	Suitcase Swings	<12	15-25	30+ Swing Squat Complex
6	8	10	Weighted Yo-Yo	<10	12-20	25+
8	12	12	Straight Arm Sit-ups	<10	12-20	25+
8	3	3	Turkish Get Up (ea)	<10 Turkish Sit-up	12-20	25+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	SB Good Morning	Light	Heavy	Heavy
30	40 (ea)	50	Jump Rope	----	Alt.	DBLU
4	8	8	SB Burpee Snatch	Light	Heavy	Heavy
10	12	15	MYO Muscle Ups	----	----	----

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
4:00	:30 OOS/:15 s – 2x			
	:30 Energy Points			
5:00	Tier Move Song			
	Sprint Song	90 RPM	100 RPM	110+ RPM
6:00	4 Count Jump Song			
	1:00 Team Calorie Challenge			

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				