



DATE: Saturday, August 27, 2022

FORMAT: Asteroid

STRENGTH Side

Focus: Bi/Tri/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			5:5 Warrior Press (R)/Warrior Press (L)	<10	12-20	25+
			HWH Curl	<10	12-20 Bosu	25+ Bosu
			Inchworm/Shoulder Tap	----	----	----
			OTH Ext.	<20	25-35/Bosu	40+/Bosu
			Alt. Crossbody Hammer Curl	<10	12-20	25+
			Incline Skull Crusher on Bosu	<10	12-15	20+

HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
			KB Sprinter's Lunge (R)	<20	25-30	35+
			KB Sprinter's Lunge (L)	<20	25-30	35+
			Half Burpees	----	----	----
			KB SCP Alt. Halo	<20	25-30	35+
			Fast Jacks	----	----	----
			3:3 Squat Jump/Squat Pulse	----	+20lb KB	+25lb KB

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
2:15	1:00 Team Distance			
2:15	:30 OOS/:30 S – 2x			
22:00	Tier Move Song			
	Sprint Song			
	Power Climb Song			
	IC			
	Team Calorie Challenge			
	4 Count Jump Song			
	Sprint Song			
2:15	1:00 Team Energy			
2:15	LMAO – Fun before			

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				