



DATE: Monday, August 29, 2022

FORMAT: Crazy 8's

## STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	TC Double Squat Lateral Hop (ea)	----	----	+20 (ea) Soccer Taps
8	12	12	Single Leg Jack Knife on TC (ea)	----	+15lb	+20lb+Single Leg V-up 1:1
4	8	8	Back Lunge Step-up on TC (ea)	<10	12-20	25+
8	20	20	TC Heel Squats	----	----	----
8	15	15	Plyo Bulgarian Lunge on TC (ea)	----	----	----

## HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	SB Step-up/Lunge (ea)	Light/Low	Heavy/Med	Heavy/Med
4	8	8	Wall Ball Yo-Yo	8	12-16	20 +2 Yo-Yo's
6	12	12	Plyo Step-ups (ea)	----	----	+ light SB
2	4	4	Slam Ball Duo (ea)	<20	30	40
6	8	8	SMS (ea)	----	----	+Mtn. Climber 1:1

### 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
8:00	IC			
	Class 1:00 Distance			
	(:30 S/:30 OOS)			
	IC			
8:00	Class Calorie Challenge			
	10 Calories x # in class			
	IC			

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				