



DATE: Tuesday, August 30, 2022

FORMAT: Monsoon

## STRENGTH Side

Focus: Shoulders/Back

L1	L2	L3	Exercise: 1 <sup>st</sup> 3 exercises 1 <sup>st</sup> 6 minutes, last 3 exercises, last 6	L1	L2	L3
8	15	15	Squat Press	<10	12-20/Bosu	25+/Bosu Flat
8	15	15	Lateral Raise	8	10-12	15+/Kneeling
6	10	10	Kneeling Single Arm Upright Row/Crossbody Hammer Curl (ea)	<10	12-20	25+
8	15	15	Wide DB Bent Over Row	<10	12-20	25+
8	15	15	Supermans	----	----	+1 DB<10
6	10	10	Alt. Reverse Fly (ea)	<10	12-20	25+

## HIIT Side

Focus: Back/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
6	12	12	KB High Pull (ea)	<20	25-35	40+
8	12	8	Pull-ups	MYO	ASST	RIG
30	50	50	Jump Rope	----	ALT (ea)	DBLU
2	3	3	SB Rovers	Light	Heavy	Heavy
6	10	10	Broad Jump Shuffle	----	----	+Burpee

### 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
6:00	IC			
	Class :30 RPM Hold			
6:00	IC			
	Class :45 Distance			
6:00	IC			
	Class Calorie Challenge			
6:00	IC			
	Class :30 RPM Hold			

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							