



DATE: Wednesday, August 31, 2022

FORMAT: Flash Flood

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8:8	15:10	15:10	TC Lateral Taps (ea)/TC Squat Drop		Hold Slam Ball for Lateral Taps	Hold Slam Ball for Lateral Taps
8:8	8:10	8:12	Decline Bench Press on TC/Decline Push-ups on TC	<20	25-40	45+
			TC SuSu	----	TC SuSu Slam	TC SuSu Slam
5:8	5:12	5:12	Sumo Deadlift/High Plank Toe Touch (ea)	<20	25-40	45+
6:6	12:10	15:10	TC Clean & Press/TC In & Outs	----	----	+Push-up on In & Out

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10:5	20:5	20:5	BR Slams/Air Squats	----	Jump Squats	Jump Squats
8:8:8	8:8:8	8:8:8	MYO Hamstring Curl/Hip Bridge/Straight Leg Sit-up	----	----	----
10:8	20:12	20:12	Mtn. Climbers (ea)/Wall Ball Sit-up & Toss	8	12-16	20
10:2	20:4	20:6	BR In & Outs/Half Burpees	----	Burpee	Burpee
8:4	12:8	12:8	Alt. KB ATW/Upright Row (total)/KB Halo (ea)	<20	25-35	40+

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
3:00	2:00 Class Distance			
3:00	IC			
3:00	RPM Class Challenge :20 S Highest Gear 85 RPMS -2x			
3:00	IC			
3:00	1:00 Class Energy Points			

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				