



DATE: 8/4 (Thursday)

FORMAT: Crazy 8's

STRENGTH Side

Focus: Back /Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	ISO Shoulder Press (ea)	<12	15-25	30+
10	15	15	Deadlifts	<12	15-25	30+
10	15	15	KB Upright Row	<15	20-30	35+
5	8	8	ALT Renegade Row (ea)	<12	15-25 + Push UP	30 > + Push UP
8	15	15	Kneeling Slam Ball	15	20-30	40+

HIIT Side

Focus: Cardio/Back

L1	L2	L3	Exercise:	L1	L2	L3
30	50	100	Jump Rope	----	ALT (ea)	DBLU
5	10	10	Box Jump	16"	20"	24"+
25	25	25	Fast Jacks	----	----	----
8	8	8	Chin up	MYO	Assisted	RIG
10	15	8	MYO Parallel Rows	----	----	Pull Ups

Bike Protocol:

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
1 st 8:00				
	Sprint Song			
:30	IC Challenge			
	4 Count Jumps			
2 nd 8:00				
	1:00 Dist Challenge			
	IC			
	1:00 Class Energy 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				