



DATE: 8/5 (Friday)
 FORMAT: Supernova

STRENGTH Side

Focus: Tri/Ab

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Kick Backs	<8	10-15	20+
8	10	10	ALT Skull Crushers (ea)	<8	10-15	20+ (+ Hip Bridge)
10	15	15	Jack Knives	----	----	Weighted
10	10	10	Tricep Push-up	On Knees	----	Diamond Push ups
6	8	10	Plank Toe Touches (ea)	----	----	----

HIIT Side

Focus: Cardio/Ab

L1	L2	L3	Exercise:	L1	L2	L3
			Broad Jump	----	----	----
			ALT Step Ups	16"	20"	24"
10:1	15:2	20:3	Hammer BR/Burpee	2x	3x	4x
10	10	10	Sit Ups	----	Ft on 20" box	Ft on 24" box

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
4:00	:30 OOS/:30 S 2x			
	Class Energy Challenge			
5:00	Sprint Song			
	Tier Song			
6:00	1:00 Class Dis Challenge			
	IC			
	1:00 Dis Challenge *beat previous amount			

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				