



DATE: 8/6 (Saturday)

FORMAT: Monsoon

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	15	20	TC Clean and Press	----	----	----
6	8	8	ALT Chest Fly on TC (ea)	<8	10-20	25+
4	8	10	TC Rock N' Row	----	TC Push up Rock N Row	TC Push up Rock N Row
12	12	12	Soccer Taps on TC (ea)	----	W/ 8lb Wall Ball OTH	w/12lb Wall Ball OTH

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	SB Clean	Light	L1 + Front Squat	Heavy + Front Squat
8	12	12	Pull Ups	MYO	Assist	Bar
			KB Duo (ea)			
10	15	15	MYO Knee Tucks	----	----	Pike

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
6:00	Sprint Song			
	IC			
6:00	Sprint Song			
	Tier			
6:00	2:00 Class Dis Challenge			
	IC			
6:00	IC			
	LMAO			

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				