



DATE: Thursday, September 1, 2022

FORMAT: Earthquake

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
4	8	8	Slam Ball Surrender (total)	20lb	30lb	40lb
4	8	8	Lateral Lunge (ea)	----	Plyo	Plyo
8	15	15	Goblet Squat	<20lb	25-45	50+
4	10	10	Alt. Back Lunge (ea)	----	Jump+10lb	Jump +10lb
4	8	8	Slam Ball Shoulder Squat (ea)	20lb	30lb	40lb

HIIT Side

Focus: Tri's/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
10	20	20	MYO Muscle Ups	----	----	----
10	20	20	Box Dips	----	----	+SB
4	8	8	Cupkaykes	----	----	----
10	20	20	MYO Skull Crushers	----	----	----
4	10	10	Stone Toss (total)	Slam Ball	Light	Heavy

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
15:00	:30 OOS/:30 S – 2x			
	IC			
	Distance Challenge	.1 OOS/.1 S	.1 OOS/.1 S/.1 OOS	.1 OOS/.1 S/.2 OOS
	IC			
	Class RPM Challenge			
11:00	Tier Move Song			
	IC			
	:30 Class Energy Points			
	IC			

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				