



DATE: 9-19-2022 Monday
 FORMAT: Fireball
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			3:1 Air Squat/Squat Jump	-	-	-
			Flutterkicks	-	-	-
			OTH Surrenders	<10	12-20	25+
			Weighted Jack Knives	<10	12-20	25+
			Weighted Alt. Curtsy Lunge	<10	12-20	25+

HIIT Side

Focus: Cardio/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Lateral Bosu Hops			
			Bosu Mtn. Climbers			
			Bosu Bus Driver		+ push-up	+push-up
			Alt V-ups on Bosu			
			10:10 Air Jacks/Jumping Jacks			

Bike Protocol:

Bike Abbreviations
 OOS – Out Of Saddle
 S – Seated
 SP – Sprint
 C – Climb
 TC –Trainer's Choice
 (Sprint, Climb, Tier etc..)
 No CHALLENGES on TC
 LMAO – Last Minute All Out
 CEC- Class Energy Challenge
 CDC- Class Distance Challenge
 CCC- Class Calorie Challenge
 AFAP- As Far/Fast as Possible

RR (Recovery Ride) = low/med gear
L1 = 60 rpms
L2 = 70 rpms
L3 = 80 rpms

Time	Type	L1	L2	L3
Bike Ride				
3:00	TC			
2:00	CEC			
Bike Ride				
1:00	OOS SP	70	75	80+
1:00	S SP	90	100	100+
1:00	TC			
2:00	CEC (beat previous)			
Bike Ride				
3:00	TC			
3:00	Distance Challenge	.6	.7	.8+
0:30	RR			
2:00	TC			
0:30	RR			
1:00	LMAO			
Bike Ride				
5:00	TC			
Bike Ride				
1:00	OOS SP	70	75	80+
1:00	S SP	90	100	100+
3:00	TC			

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	Armageddon			
Whirlwind				