



DATE: 9-20-2022

FORMAT: Twister

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Back/Abs \*go down a rep each round\*

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Alt. Row/Reverse Fly	<12	15-25	30+
8	8	8	Side Plank Hip Dip	-	-	-
8	8	8	Deadlift/Shrug	<15	20-35	40+
8	8	8	High Plank Toe Touch (ea)	-	+push up	+push-up
8	8	8	Alt Bird Dog (ea)	-	Alt High Plank Bird Dog (ea)	Alt High Plank Bird Dog w Commander Push Up

### HIIT Side

Focus: Total Body \*go down a rep each round\*

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	SB Snatch	Light	Light	heavy
8	8	8	Kneeling KB Clean 2 Stand (ea)	<15	20-30	35+
8	8	8	KB Single Arm Russian Swing (ea)	<15	20-35	40+
8	8	8	Lateral SB Drag (ea)	Light	Light	heavy
8	8	8	Single Leg SB Row (ea)	Light	Light	heavy

### Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR (Recovery Ride) = low/med gear</b> <b>L1 = 60 rpms</b> <b>L2 = 70 rpms</b> <b>L3 = 80 rpms</b>
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Time	Type	L1	L2	L3
Bike Ride 1 <sup>st</sup> 10 Mins				
2:00	Distance Challenge- OOS	.2	.3	.4
0:30	RR			
3:00	TC			
2:00	Distance Challenge- S	.2	.3	.4
0:30	RR			
1:00	S SP	90	100	110+
1:00	OOS SP	70	75	80+
Bike Ride 2 <sup>nd</sup> 10 Mins				
1:00	Energy Challenge- OOS	5	10	15
0:30	RR			
3:00	TC			
0:30	RR			
1:00	Energy Challenge- OOS	5	10	15
3:00	TC			
1:00	LMAO			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 <sup>st</sup> )	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				