



DATE: 9-21-2022
 FORMAT: Blizzard
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Tri

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Bench Press (heavy)	<20	25-45	50+
5	10	15	Crab Toe Touch (ea)	-	-	-
12	12	12	Fruit Fly on Bosu	<10	12-20	25+
6	8	10	Alt. Push-up on Bosu (total)	Knees	Toes	Toes
8	8	8	Single Arm OTH Ext. (ea)	<10	12-20	25+

HIIT Side

Focus: Cardio/Tri

L1	L2	L3	Exercise:	L1	L2	L3
6	12	12	Plyo Step-up (ea)	Low	Med	Med w/SB
10	20	20	Box Dips	Low	Med	Med w/SB
4	6	10	Burpee over SB (total)	-	-	-
10	20	20	1:1 MYO Skull Crusher/MYO Front Lunge	-	-	-
8	10	12	Air Jacks	-	-	-

TIC: Jumping Jacks, Full Sit-ups, High Knees, Plank Jacks, Fast Feet

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			
0:30	RR			
2:00	0:20 High Watts Hold x 3	130	175	225+
0:30	RR			
3:00	TC			
3:00	Climb, Add Gear every :30			
1:00	CDC			
0:30	RR			
1:00	CDC (beat previous)			
0:30	RR			
3:00	TC			
1:00	OOS S	70	75	80+
1:00	S SP	90	100	110+

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				