



DATE: 9-23-2022

FORMAT: Flash Flood

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8:8	10:10	10:10	Crush Press/Kneeling Hip Dip	<10	15-25	30+
8:8	10:10	10:10	Bench Press/Full Sit-up	<10	15-30	35+
8:8	10:10	10:10	Leg Raises/Plank Marches (ea)	-	-	-
8:8	10:10	10:10	Alt. Single Arm Chest Scoop (ea)/Push-ups	<10	12-15	20+
8:8	10:10	10:10	Chest Fly/Alt Ab Heel Taps(ea)	<10	15-25	30+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	KB Single Leg Press (ea)	<15	20-35	40+
-	-	-	Jump Rope	Single	Alt	DBLU
8:8	10:10	10:10	MYO B2G Row/MYO High Row	-	-	-
8:8	10:10	10:10	KB Windmill(ea)/KB Double Double	<15	20-35	40+
-	-	-	Gladiators	-	-	-

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 mins- Repeat 3x			
0:20	OOS CDC			
0:20	S CDC			
0:20	RR			
Bike Ride				
3:00	3mins- TC			
Bike Ride				
	3mins- Repeat 3x			
0:20	OOS High MPH Hold	10	12-15	15+
0:20	S High MPH Hold	10	12-15	15+
0:20	RR			
Bike Ride				
1:00	CEC			
0:30	RR			
1:00	CEC (Beat Previous)			
0:30	S SP	90	100	110+
Bike Ride				
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				