



DATE: 9-24-2022
 FORMAT: Monsoon
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Bi's/Tri's/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 6 Minutes:			
6	8	10	Alt Crossbody Hammer Curl (ea)	<10	15-25	30+
8:8	10:10	10:10	Weighted Sit-ups/DB Straight Leg Russian Twist	<10	15-20	25+
10	12	12	Kneeling Curls	<10	15-25	30+
			2 nd 6 Minutes:			
8	8	8	ISO Reverse Skull Crusher (ea)	<10	15-20	25+
6	8	12	Wipers	<10	15-20	25+
8	10	10	Kickbacks	<10	15-20	25+

HIIT Side

Focus: Cardio

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	Info Jacks	-	-	-
10	12	12	Bear Crawl (Ea)	-	-	w/ SB
4	5	6	Alt. Side Lunge/Triple Knee (ea)	-	-	-
8	10	12	Lateral Squat Hops (ea)	-	-	-
6	8	8	KB High Pull (ea)	<15	20-25	30+

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				
2:00	CDC			
4:00	TC			
Bike Ride				
6:00	TC			
Bike Ride				
4:00	TC			
2:00	CDC (beat previous)			
Bike Ride				
6:00	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							