



DATE: 9/26/2022

FORMAT: Armageddon

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Bi's/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Bicycle Abs (ea)	-	-	-
6	8	10	Yo-Yo Hammer Curl	<10	15-25	30+
6	8	10	HWH Curls	<10	12-20	25+
6	8	10	Cross Knee 2 Elbow (ea)	-	-	-
6	10	10	Woodchoppers (ea)	<10	12-25	30+

HIIT Side

Focus: Tri's/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	BOSU SMS	-	-	+ Mtn. Climber 1:1
10	12	12	Little Man in the Woods	-	-	-
10	10	10	Tricep Push-Ups	Knees	-	Ft on BOSU
8	10	10	Super Punch on BOSU (ea)	-	-	-
8	10	12	MYO Skull Crushers	-	-	-

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				
4:00	TC			
3:00	CDC			
0:30	RR			
3:00	TC			
3:00	Climb, add gear every 30sec			
0:30	RR			
3:00	CEC			
3:00	Sprints 1 OOS/1S/1 OOS			
0:30	RR			
2:00	High MPH Holds	12	15	18+
0:30	RR			
5:00	TC			
2:00	CCC (# of people x10 is goal)			

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				