



DATE: 9/30/2022

FORMAT: Tropical Storm

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	Slam Ball Shoulder Squat w/ Slam	<15	20-30	40+
5	6	7	Scissor Abs (ea)	-	-	-
8	10	12	Plyo Lateral Lunge (ea)	-	-	-
3	4	5	Slam Ball Lunge	<15	20-30	40+
4	5	6	Plank Tap Back (ea)	-	-	-
8	15	15	Sumo Goblet Squats	<20	25-40	45+
10	12	15	Amped Butterfly Sit-ups	-	-	-

HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	ALT. SB Step-ups (ea)	Light/Low	Light/Med	Heavy/Med
8	10	12	B2Ball Squat Jumps			
6	10	10	Broad Jump Shuffle	-	-	--Burpee
10	12	15	Skaters (ea)	-	Power Skater	Power Skater
6	8	10	Burpee over SB	-	-	-
4	6	8	ALT SB Back Lunge (ea)	Light	Heavy	Heavy
6	8	10	Lateral SB Squat Walk (ea)	Light	Heavy	Heavy

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
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Time	Type	L1	L2	L3
Bike Ride				
3:00	Odds VS Evens: First to .5			
:30	RR			
3:30	TC			
Bike Ride				
2:30	Odds VS Evens: First to .4			
:30	RR			
2:00	TC			
Bike Ride				
2:00	Odds VS Evens: First to .3			
1:00	LMAO			

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				