



DATE: 10/1/2022
 FORMAT: Doomsday
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Bis/Tris

L1	L2	L3	Exercise:	L1	L2	L3
7	10	10	Zottman Curls	<10	15-20	25+
7:7	12:12	12:12	Kickbacks/Reverse Plank Dips	<10	15-20	25+
7	10	10	45 Degree Curls	<10	15-20	25+
7:7	12:12	12:12	OTH Extension/Diamond Pushups	<10	15-20	25+

HIIT Side

Focus: HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10:5	20:10	20:10	High Knees (total)/Slam Balls	<15	20-30	40+
7:7	12:12	12:12	Russian Swings/Wall Balls	15/8	25/12	40/20
5:10	8:15	8:20	SB Cleans/BR Slams	Light	Light	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

Time	Type	L1	L2	L3
Bike Ride				
3:00	1:30 S Climb/1:30 OOS Climb	** add gear every :30		
0:30	RR			
5:00	TC			
3:00	1:30 S Climb/1:30 OOS Climb	** start higher gear, reduce every :30		
0:30	RR			
3:00	High MPH Hold- 0:20, repeat 3x	12	15	18+
5:00	TC			
3:00	CDC			
0:30	RR			
3:00	High Watts Hold- 0:20, repeat 3x	130	150	175+
0:30	RR			
2:00	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				