



DATE: 10/11/2022

FORMAT: Cyclone TIC- 0:45 on 0:15 off 3 Rounds Each Side

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Shoulders/Abs

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	Reverse Fly Yo Yo	<10	12-20	25+
-	-	-	3:3 Straight Leg Sit Up/V Up	Crunch/Alt	Sit Up/Alt	-
-	-	-	3:3 Single Arm Rocky Press	<10	12-20	25+
-	-	-	Leg Raises	Alt	-	Weighted
-	-	-	Shoulder Taps/Toe Touches	Knees	-	-

**** ROCKY PRESSES ARE 3 ON RIGHT AND THEN 3 ON LEFT REPEATED FOR 45 SECONDS****

HIIT Side

Focus: Shoulders/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	KB Upright Row	<15	20-35	40+
-	-	-	BR In and Outs	-	-	-
-	-	-	Wall Balls	8	12-16	20
-	-	-	Alt BR Jump Lunges	Back Lunge	-	-
-	-	-	KB SCP	<15	20-35	40+

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	TC			
2:00	High Watts Hold :20 (x2)	130	150	175+
2:00	Energy Challenge	10	15	20+
Bike Ride				
3:00	TC			
2:00	High MPH Hold :20 (x2)	12	15	18+
2:00	Distance Challenge	.5	.6	.8+
Bike Ride				
2:00	TC			
0:30	CEC			
0:30	RR			
1:00	CEC (x2 Previous)			
3:00	TC			

Traditional

Revolution

3C (Members distribute evenly on

Circle (Bikes are placed in a circle

(All members start on bike first)		(Members split on circuit 1 st)	bike, HIIT & strength)	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				