



DATE: 10/12/2022
 FORMAT: Armageddon
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	10	12	Goblet Squat (not TC)	<20	25-35	40+
8	8	8	TC Heel Squat	-	-	-
6	10	12	TC Lunge High Knee (ea)	BW	<15	20+
8	8	8	TC Heel Squat	-	-	-
6	10	12	Single leg TC Glute Bridge (ea)	-	+ 8 pulses	+ 12 pulses

HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
6:5	8:5	10:5	SB Step Ups/Squat Jumps	Light	Light	Heavy
6:5	8:5	10:5	KB Russian Swings/Squat Jumps	<15	20-35	40+
6:5	8:5	10:5	SB Walking Lunges/Squat Jumps	Light	Light	Heavy
6:5	8:5	10:5	KB Deadlifts/Squat Jumps	<15	20-35	40+
6:5	8:5	10:5	SB Hip Bridge/Squat Jumps	Light	Light	Heavy

**** Alternate for Squat Jumps are Air Squats or Calf Raises****

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				
1:00	TC (Prep for Checkpoint)			
3:00	Distance Checkpoint			
:30	RR			
4:00	TC			
3:00	Climb			
:30	RR			
4:00	TC			
3:00	PELO: Odds vs Evens (First to .5)			
:30	RR			
3:00	TC			
3:00	TEAM: Odds vs Evens (First to 15 points)			
:30	RR			
3:00	TC			
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				