



DATE: 10/13/2022  
 FORMAT: Flash Flood  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Back/Bi's

L1	L2	L3	Exercise:	L1	L2	L3
6:6	10:10	12:12	Bear Renegade Row/Alt Curls	<10	12-20	25+
6:6	10:10	12:12	Superman-Lat Pull/1.5 Curls	<10	12-20	25+
6:6	10:10	12:12	Bent Over Row/Hammer Curls	<10	12-20	25+
6:6	10:10	12:12	Straight Arm Pull Through/Top Half Curls	<10	12-20	25+
6:6	10:10	12:12	SLDL-Calf Raise/Zottman Curls	<10	12-20	25+

### HIIT Side

Focus: Abs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
6:20	10:20	12:20	MYO Knee Tucks/Jumping Jacks	-	-	-
6:6	10:10	12:12	Wallball Sit Up and Toss/Russian Twists (ea)	8	12-16	20
6:6	10:10	12:12	KB Hip Dips/High knees (ea)	<15	20-35	40+
6:6	10:10	12:12	Flutter Kicks/SB Cleans	Light	Light	Heavy
6:20	10:20	12:20	SSD Wallball Knee Tucks/Jump Rope	8/Single	12-16/Alt	20/DBLU

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			
	3 mins- Repeat 3x			
0:20	S CEC			
0:20	RR			
0:20	OOS CEC			
3:00	TC			
	3 mins			
1:00	CDC			
0:30	RR			
1:00	CDC			
0:30	S SP			
3:00	TC			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 <sup>st</sup> )	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				