



DATE: 10/14/2022
 FORMAT: Blizzard
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
5	8	8	ISO Hold Surrender (ea)	<10	12-25	30+
8	12	12	Swing Lunge Complex	<15	20-35	40+
8	8	8	Snatch (ea)	<15	20-35	40+
8	8	8	Single Arm Hollow Press (ea)	<10	12-25	30+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	4	6	Gladiators	-	-	-
7	10	10	SB Front Squat Press	Light	Light	Heavy
5	8	8	KB Lateral Lunge Floor Touch/High Row (ea)	<15	20-35	40+
7	10	10	Box Jumps	16"	20"	24"+

****TIC: SQUAT DROPS/SEAL JACKS/HAND KNEE CROSSOVERS/CANDLESTICKS/HALF BURPEES****

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			
0:30	RR			
2:00	0:20 High MPH Hold x3	12	15	18+
0:30	RR			
3:00	TC			
2:00	S SP			
1:00	CEC			
0:30	RR			
1:00	CEC (beat previous)			
0:30	RR			
3:00	TC			
2:00	OOS SP			
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				