



DATE: 10/15/2022

FORMAT: Supercell ***LEVEL 1- .4 LEVEL 2- .6 LEVEL 3- .8***

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Tri's

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	Fruit Fly on BOSU	<15	20-25	30+
12	12	12	Kickbacks	<15	20-25	30+ Single leg
8	8	8	ISO Bench Press on BOSU (ea)	<15	20-35	40+
10	10	10	1.5 OTH Extension	<15	20-35	40+
8	10	12	Decline Chest Press on BOSU	<15	20-35	40+

HIIT Side

Focus: Chest/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	Single Arm KB Chest Press (ea)	<15	20-35	40+
8	8	8	American Swings	<15	20-35	40+
8	10	10	SB Lateral Drag/Pushup (total)	Light	Light	Heavy
8	8	8	American Swings	<15	20-35	40+
8	10	10	Wall Ball Roll Outs	Knees	Toes	Toes

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
	Keep music FAST and FUN for the during class distance rides!			
10 Minute Bike Ride:				
3:00	TC			
1:00	CDC			
0:30	RR			
1:00	0:30 S SP/0:30 OOS SP			
3:00	TC			
0:30	RR			
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				