



DATE: 10/18/2022

FORMAT: Crazy 8's

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Back

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	SB Bent Over Row	Light	Light +1:1 SB Clean	Heavy + 1:1 SB Clean
15	15	15	Jack Knives	-	V-ups	Weighted
6	6	6	Deadlift *Heavy*	<20	25-50	60+
6	6	6	Renegade Row	<10	12-20 +Push Up	L2 +ManMaker
10	20	20	Supermans	-	-	-

HIIT Side

Focus: Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Pull Up	MYO	Assisted	Rig
3	3	3	DAB Bear Crawl	-	+ Rolling Slamball	+ Rolling Slamball
8	8	12	MYO High Row	-	Parallel Row	Parallel Row
6	10	15	In & Outs	-	-	-
10	20	20	Butterfly Sit Up	-	-	-

Bike Protocol:

TC Bike Abbreviations OOS – Out of Saddle S – Seated TC –Trainers Choice (Sprint, Climb, Tier etc..) *No CHALLENGES* LMAO – Last Minute All Out CEC (Class Energy Challenge) CDC (Class Distance Challenge) (CCC) Class Calorie Challenge (AFAP) As Far/Fast as Possible (EMOM) Every Minute on the Minute (EHM) RR= Recovery Ride (20-30 seconds of light work)
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Time	Type	L1	L2	L3
Bike Ride- 1 st 8 minutes				
AFAP	Distance Challenge (seated)	.2	.4	.6
	RR			
	TC			
Bike Ride- 2 nd 8 minutes				
	TC			
3:00	Standing Climb (add 1 Gear EMOM)	Starting Gear 12-14	Starting Gear 14-16	Starting Gear 16-18
	RR			
1:30	Seated Climb (Decrease Gear EHM)	Starting Gear 15-17	Starting Gear 17-19	Starting Gear 19-21

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			