



DATE: 10/19/2022  
 FORMAT: Doomsday  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Chest/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ALT Incline Chest Fly on Bosu	<10	12-20	ISO 25+
8	10	15	Half Burpee	-	Full + Bosu	Full + Bosu
8	8	8	ISO Chest Press on Bosu * Heavy	<15	20-40	45+
10	20	20	Soccer Taps on Bosu	-	Holding Slamball	Holding Slamball

### HIIT Side

Focus: Chest/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Push Up	On Knees	Toes	Hand Release
30	75	100	ALT BR	-	Kneeling	Kneeling
8	8	8	KB Chest Press	<15	20-30	35+
20	40	40	BR Slams	-	-	Jumping

### 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  
 (EMOM) Every Minute on the Minute  
 (EHM) Every Half Minute

#### RR= Recovery Ride

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride				
	TC			
AFAP	Energy Challenge	10	18	25
	RR			
	TC			
3:00	Standing Climb (add 1 Gear EMOM)	Starting Gear 12-14	Starting Gear 14-16	Starting Gear 16-18
	RR			
	TC			
1:00	CCC	Goal is 10x number of members on the board		
	RR			
1:00	CCC (beat previous)			
	RR			
	TC			
1:00	CDC 0:30OOS/0:30S			
	RR			
1:00	CDC (beat previous)			
	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			