



DATE: 10/24/2022
 FORMAT: Twister TIC (0:45/0:15)
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: BACK

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	ALT Bent Over Row	<15	20-35 on BOSU	40+ on BOSU
-	-	-	Supermans	-	on BOSU	on BOSU w/weight
-	-	-	Reverse Fly	<15	20-30 on BOSU	35+ on BOSU
-	-	-	1:1 Deadlift/Shrug	<15	20-40	45+
-	-	-	Pullover on BOSU	<15	20-35	40+

HIIT Side

Focus: TOTAL BODY

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	1:1 180 Squat Jump/Broad Jump	-	w/Yo-Yo	w/Burpee
-	-	-	2:2 SMS/In and Out	-	w/1 Push Ups	w/ 2 Push Ups
-	-	-	SB Snatch	Light	Heavy	Heavy + Burpee
-	-	-	DAB Bear Crawls	-	DAB Drag Light	DAB Drag Heavy
-	-	-	Jumping Step Ups	-	Light SB	Heavy SB

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				
AFAP	Distance Challenge	.5	.7	1
	RR			
	TC			
	High MPH Hold (Repeat 3x)	12	15	18+
Bike Ride				
AFAP	Energy Point Challenge	10	15	20+
	RR			
	TC			
	High Watts Hold (Repeat 3x)	130	150	175+

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				