



DATE: 10/26/2022  
 FORMAT: APOCALYPSE  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: LEGS

| L1    | L2    | L3    | Exercise:                             | L1     | L2        | L3      |
|-------|-------|-------|---------------------------------------|--------|-----------|---------|
| 5:5   | 8:8   | 10:10 | SB Lateral Squats/ Alt Reverse Lunges | Light  | Heavy     | Heavy   |
| 6:3   | 8:5   | 10:7  | Bulgarian Lunge on TC/ Sit n' Shift   | -      | 15-25     | 30+     |
| 10:10 | 15:10 | 20:10 | SB Hip Thrust on TC/SLDL              | Lt/<15 | Hvy/20-35 | Hvy/40+ |
| 6:6   | 8:8   | 12:12 | Alt Lateral Lunge/Curtsy Lunge        | -      | 15-25     | 30+     |
| 5:10  | 8:10  | 10:15 | Side Turning Sumo Squat/Pulse Squats  | -      | 15-25     | 30+     |

### HIIT Side

Focus: LEGS & HIIT

| L1  | L2  | L3    | Exercise:  | L1  | L2            | L3             |
|-----|-----|-------|--|-----|---------------|----------------|
| -   | -   | -     | BR Bomb  | -   | -             | -              |
| 10  | 20  | 30    | SB Front Loaded Squat/ Hand Knee Crossovers (ea) | <15 | 20-35         | 40+            |
| 5:5 | 8:8 | 12:12 | KB Step Ups/KB Figure 8's                        | -   | 20-35         | Lateral/40+    |
| -   | -   | -     | DAB Twisted Duck/DAB Lateral Shuffle Taps        | -   | 8 lb Wallball | 16 lb Wallball |
| 7   | 10  | 12    | DAB BR Hop-Over/KB SCP                           | <15 | 20-35         | w/2 presses    |

### 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   |    |    |    |
| 3:00      | CDC- every 0:30, switch from OOS to S                        |    |    |    |
|           | RR   |    |    |    |
|           | TC   |    |    |    |
| 3:00      | Climb- S add gear every 0:30 x3. OOS, add gear every 0:30 x3 |    |    |    |
|           | RR   |    |    |    |
|           | TC   |    |    |    |
|           |  |    |    |    |
|           |  |    |    |    |

| Traditional<br>(All members start on bike first) |            | Revolution<br>(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 |   |   |   |
| Whirlwind  |            |   |   |   |