



DATE: 10/28/2022
 FORMAT: Supernova
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Twisted Curl	<12	15-20	25+
8	10	12	High Plank Kickbacks	<12	15-20	25+ (plus 5 tricep push ups)
10	20	30	Mtn. Climbers	-	-	BOSU
8	10	12	Front Loaded Hammer Curls	<12	15-20	25+ ISO
5	8	10	Flutter Kicks/Commander Pushups	-	-	-

HIIT Side

Focus: Arms & HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	12	12	SB Curl	Lt	Lt	Hvy
6:10	8:10	12:10	Box Jumps/High Knees	16"	20"	24"
2	4	6	3:3 KB Skull Crusher on Box/KB Pullovers on Box	<20	25-35	40+
2	4	6	3:3 KB American Swings/Upright Row	<20	25-35	40+
10	15	20	Wallball Russian Slams	8	12-16	20

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- 4 Minutes				
1:00	CDC			
	TC			
Bike Ride- 5 Minutes				
1:00	CDC (beat Previous)			
	TC			
Bike Ride- 6 Minutes				
1:00	CDC (beat Previous)			
	TC			

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				