

DATE: 10/3/2022 FORMAT: Tornado WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

## STRENGTH Side

Focus: Back/Shoulders

| L1 | L2 | L3 | Exercise:                   | L1  | L2    | L3  |
|----|----|----|-----------------------------|-----|-------|-----|
|    |    |    | ALT Renegade Row/T Rotation | <10 | 15-20 | 25+ |
|    |    |    | 1.5 Lateral Raises          | <10 | 15-20 | 25+ |
|    |    |    | Bent Over Row/Upright Row   | <10 | 15-20 | 25+ |
|    |    |    | Seated Shoulder Press       | <10 | 15-20 | 25+ |
|    |    |    | Pronated Grip Row           | <10 | 15-20 | 25+ |

## HIIT Side

Focus: Total Body

| L1  | L2  | L3  | Exercise:                 | L1  | L2    | L3  |
|-----|-----|-----|---------------------------|-----|-------|-----|
|     |     |     | BR BR                     | -   | -     | -   |
|     |     |     | Commander Climbers        | -   | -     | -   |
| 5:5 | 5:5 | 5:5 | Slamballs/Slammer Jammers | <15 | 20    | 30+ |
|     |     |     | ALT Wall Ball Lunge       | <8  | 12-16 | 20  |
| 5:5 | 5:5 | 5:5 | Blast Off Pushups/Burpees | -   | -     | -   |

\*\* BR is a BENCHMARK for this month! Have members count their total BR reps. They will see this BENCHMARK again at the end of the month to compare. \*\*

## 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 RR (Recovery Ride) = low/med L1 = 60 rpms L2 = 70 rpms L3 = 80 rpms

| Time   | Туре             | L1        | L2       | L3      |
|--------|------------------|-----------|----------|---------|
|        | 1                | Bike Ride | <b>.</b> | <b></b> |
| Keep m | usic FAST & FUN! |           |          |         |
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| Traditional                       |            | Revolution                     | <b>3C</b> (Members distribute evenly on | Circle (Bikes are placed in a circle |  |
|-----------------------------------|------------|--------------------------------|---|--------------------------------------|--|
| (All members start on bike first) |            | (Members split on circuit 1st) | bike, HIIT & strength)                  | 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                         |            |                                |   |                                      |  |