



Focus: Back/Shoulders

Focus: Total Body

**\*\* 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. \*\***

L1 = 60 rpms  
L2 = 70 rpms  
L3 = 80 rpms

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			
Whirlwind				