



DATE: 10/31

FORMAT: Hurricane (Halloween Workout) TIC (0:45/0:15)

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			ALT Back Lunges	<10	12-20 Surrender	L2 + OTH
			Burpee (Trick) Butterfly Sit-up (Treat)	-	-	-
			Push Ups	Knees	1:1 Shoulder Tap	Countdown
			ALT Jumping Lunges (Trick) Skaters (Treat)	-	-	-
			ALT Bicep Curls	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Wall Balls	8	12-16	20 + Kneeling
			1:5 Burpee/BR Slam (Trick) ALT BR (Treat)	-	-	-
1:1	2:2	3:3	KB Duo	<20	25-40	45+
			Box Jumps (Trick) Box Dips (Treat)	-	-	-
			MYO Knee Tucks	-	-	-

*** Reminder- 5 mins of Trainer's Choice Abs at the end. 5 minute timer clock should be used, switching exercises every 0:30 ***

Bike Protocol:

<p>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</p> <p>RR= Recovery Ride (20-30 seconds of light work)</p>

Time	Type	L1	L2	L3
	TC			
3:00	Climb OOS 0:30, Heavy Gear	14-16	16-18	18-20+
	Sprint S 0:30, reduce 2-4 Gears (repeat 3x)	10-14	12-14+	14+
	RR			
	TC			
1:00	CCC (goal should be 10x the number of members on the board)			
	RR			
1:00	CCC (beat previous)			
	RR			
	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			