



DATE: 10/4/2022
 FORMAT: Apocalypse
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Bi's/Tri's/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8:8	8:8	8:8	Alt Bicep Curls/Sit Ups	<10	15-25	30+
8:8	8:8	8:8	Incline Skull Crusher on BOSU/Toe Touches	<10	15-25	30+
8:8	8:8	8:8	Hammer Curls/Buzzsaw Plank	<10	15-25	30+
8:8	8:8	8:8	Press OTH Extension/Reverse Crunch	<10	15-25	30+
3	3	3	:30 Iso Bicep Curl Hold/:30 Hollow Body Hold	<10	15-25	30+

HIIT Side

Focus: Total Body/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8:8	10:10	12:12	MYO Bicep Curls/Mtn Climbers (ea)	-	-	-
8:8	10:10	12:12	Box Dips/Russian Swings	<15	20-35	40+
8:8	10:10	12:12	MYO Clutch Curl/Alt Jump Lunge (ea)	-	-	-
8:8	10:10	12:12	KB OTH Extension/High Knees	<15	20-35	40+
8:8	10:10	12:12	Box Jumps/Launchers	16"	20"	24"

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

Time	Type	L1	L2	L3
3:00	CDC			
3:00	TC			
3:00	Sprint 1:00 OOS/1:00 S/1:00 OOS			
3:00	CDC- beat first			
3:00	Sprint 1:00 S/1:00 OOS/1:00 S			

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				