



DATE: 10/6/2022  
 FORMAT: Earthquake  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	10	10	Static Lunge (ea)	-	10-20	25+
10	10	10	DB SLDL	<15	20-35	40+
6	10	10	DB Racked Lateral Lunge (ea)	<15	20-35	40+
12	15	15	SB Hip Bridge	Light	Light	Heavy

### HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	10	10	KB Bulgarian Lunge (ea)	<15	20-35	40+
10	10	10	Broad Jump	-	-	-
6	10	10	KB Step Up (ea)	<15	20-35	40+
10	10	10	MYO Blast Off Squat	-	-	-

### 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**

.4	Type	L1	L2	L3
Bike Ride – 15 Minutes				
2:00	Distance Challenge	.5	.6	.7+
:30	RR			
3:00	TC			
3:00	High MPH Hold :20 x3	12	15	18+
:30	RR			
3:00	TC			
3:00	CDC :45 x3			
Bike Ride – 11 Minutes				
2:00	Distance Challenge – Beat the First	.5+	.6+	.7+
:30	RR			
3:00	TC			
3:00	High Watts Hold :20 x3	130	150	175+
:30	RR			
2:00	TC			

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				