



DATE: 11/10/2022
 FORMAT: Earthquake
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Decline Chest Fly on BOSU	<10	12-20	25+
4	6	8	ALT Push Up on BOSU	-	-	-
10	10	10	Super Punch on BOSU	-	-	-
6	6	6	Warrior Press on BOSU (Heavy)	<15	20-30	35+
7	7	10	Commander Push Ups	-	Ft on Bosu	Ft on Bosu

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	50	75	BR	-	-	-
8	10	12	Inchworms	-	w/ push up	w/ push up
6	8	8	KB Statue of Liberty	<15	20-30	35+
10	12	15	ALT BR Surrenders (ea)	-	-	-
7	7	7	MYO Single Arm Row	-	Floor touch	Floor touch

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
 EMOM- Every Minute on the Minute
 EHM- Every Half Minute

RR= Recovery Ride

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride- 15 Minutes				
	TC			
	High MPH- 0:20, repeat 3x	12	15	18+
	TC			
1:30	CDC- 0:30 OOS/S/OOS			
	RR			
1:30	CDC- 0:30 OOS/S/OOS (beat previous)			
	RR			
	TC			
Bike Ride- 11 Minutes				
	TC			
	High Watts- 0:20, repeat 3x	130	150	175+
	RR			
	TC			
1:00	CEC			
1:00	CEC (beat previous)			
	LMAO			

Formats (All members start on bike first)		Format & Rotation Options
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunder Storm	TIC- Timed Interval Circuit
Earthquake	Typhoon	ORA- One Round Assault
Flash Flood	Vortex	Funnel- Decreasing a Rep each Round
Heatwave	Whirlwind	Reverse Funnel- Adding a Rep each Round
Hurricane		
Monsoon		
Supernova		