



DATE: 11/11/2022

FORMAT: Crazy 8's **Reverse Funnel**

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Bi/Tri

L1	L2	L3	Exercise: <b>** Reverse Funnel- Add 1 Rep each Round **</b>	L1	L2	L3
			1 <sup>st</sup> 8 Minutes:			
5	6	7	Kickbacks	<10	12-15	20+
5	6	7	Reverse Skull Crushers	<10	12-15	20+
5	6	7	Diamond Push Ups	Knees	Toes	Toes
5	6	7	Plank Tap Backs	-	-	-
			2 <sup>nd</sup> 8 Minutes:			
5	6	7	Bicep Curls	<12	15-20	25+
5	6	7	1.5 Hammer Curls	<12	15-20	25+
5	6	7	45 Degree Curls	<12	15-20	25+
5	6	7	Plank Jacks	-	-	-

### HIIT Side

Focus: HIIT

L1	L2	L3	Exercise: <b>** Reverse Funnel- Add 1 Rep each Round **</b>	L1	L2	L3
8	9	10	MYO Clutch Curls	-	-	-
8	9	10	BR In and Outs	-	-	-
8	9	10	KB Windmills	<15	20-25	30+
8	9	10	MYO Knee Tucks	-	-	-
8	9	10	Jump Squat/Lunge Combo	Holding MYO	-	-

### Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>
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Time	Type	L1	L2	L3
Bike Ride- 1 <sup>st</sup> 8 mins				
	TC			
	Distance Challenge- 0:40 OOS, 0:40 S			
	RR			
	Distance Challenge- 0:30 OOS, 0:30 S			
	RR			
	Distance Challenge- 0:20 OOS, 0:20 S			
	TC			
Bike Ride- 2 <sup>nd</sup> 8 mins				
	TC			
	Energy Challenge- 0:40 OOS, 0:40 S			
	RR			
	Energy Challenge- 0:30 OOS, 0:30 S			
	RR			
	Energy Challenge- 0:20 OOS, 0:20 S			
	TC			

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		