



DATE: 11/14/2022

FORMAT: Supernova ****Unbroken Push Up Challenge****

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Unbroken Push Ups- Members count reps			
8	12	15	Jack Knives	-	5-8	10+
8	12	15	Top Half Sit Ups	-	-	-
10	10	10	Single Arm Chest Fly	<10	12-20	25+
8	12	15	Single Arm DB Leg Raise (ea)	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
30	50	75	ALT Hammer BR	-	-	-
4	8	8	SB Lateral Drag	Light	Light	heavy
4	8	8	Burpee Box Jump	Step up	20"	24"
4	8	8	KB Snatch	<15	20-30	35+
6	8	8	MYO Hip Dips	-	-	-

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- 4 mins				
1:00	CEC			
	TC			
Bike Ride- 5 mins				
	TC			
1:00	CEC (beat previous)			
Bike Ride- 6 mins				
1:00	CEC (beat previous)			
	TC			
	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	ThunderStorm	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		