



DATE: 11/17/2022
 FORMAT: Monsoon
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	ALT Snatch	<15	20-35	40+
6	8	8	Kneeling Haybalers	<15	20-35	40+
4	6	6	Man Makers	<10	12-20	25+
10	10	10	Kneeling Slam Balls	15	20-30	40
6	8	8	3 Point Crunches	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	2	5:5 Launchers / High Knees	-	-	-
6	6	6	SB Snatch	Light	Heavy	heavy
15	20	25	Little Man in the Woods	-	-	-
6	10	10	Broad Jump Shuffle	-	Holding WB	Holding WB

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- 1 st 6 mins				
3:00	S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10 (repeat 3x)			
	TC			
Bike Ride- 2 nd 6 mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10 (repeat 3x)			
Bike Ride- 3 rd 6 mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 st group High MPH, 2 nd group RR.			
	TC			
Bike Ride- 4 th 6 mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 st group High Watts, 2 nd group RR.			

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		