



DATE: 11/23/2022
 FORMAT: Earthquake
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Abs ** Volume **

L1	L2	L3	Exercise:	L1	L2	L3
12	20	20	Decline Chest Press on BOSU	<15	20-35	40+
12	20	20	Flutter Kicks	-	-	-
3	4	4	5:2 Chest Press/Chest Fly	<15	20-30	35+
10	15	20	Full Sit-Ups	-	8	10
4	5	6	Alt. Push-Ups on BOSU	-	1:1 Shoulder tap	1:1 Shoulder tap

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	50	50	Jump Rope	-	Alt	DBLU
8	12	12	American Swings	<20	25-40	45+
8	20	20	Box Jumps	16"	20"	24"
20	75	100	Kneeling BR	-	-	-
4	8	10	Half Burpees	-	-	-

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: 15mins				
	TC			
0:45/0:30	CDC/CEC, then RR (repeat 2x)			
	TC			
0:45/0:30	CEC/CDC, then RR (repeat 2x)			
	TC			
Bike Ride: 11mins				
	TC			
2:00	CDC			
	RR			
2:00	CEC			
	TC			

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		