



DATE: 11/14/2022 Happy Thanksgiving!
 FORMAT: Blizzard
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Static Stuffing Lunges	No weight	10-20	25+
6	8	8	Cranberry Center Hold Squat	<10	12-35	40+
6	8	8	Pumpkin Pie Plyo Sprinters Lunge	-	-	-
10	12	12	Turkey LEG raises	-	-	-
10	12	12	Sleepy Time SLDL/Calf Raise	<12	15-35	40+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	MYO HAMstring Runners	-	-	-
8	15	15	Butterball B2B Squats	-	+Light SB	+Heavy SB
8	15	15	MYO ROLL ins	-	-	-
8	10	10	Jumping for wine Wallballs	8	12-16	20

TIC Exercises: Sweet Seal Jacks, Hangry High Knees, Savory Squat Drops, Scrumptious SMS, Banging Bicycle Crunches

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)
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Time	Type	L1	L2	L3
Bike Ride:				
	TC			
	PELO (Odds vs Evens): First team to 15 Energy Points			
	TC			
	TEAM (Odds vs Evens): First team to .5			
	TC			
AFAP	Distance Challenge (rotate OOS/S every 0:20)	.3	.5	.7
	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		