



DATE: 11/25/2022
 FORMAT: Doomsday
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Back/Total Body (Level 2 Goal 4+ rounds, Level 3 Goal 5+ rounds)

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	DB Single Arm Row	<12	15-25	30+
7	7	7	1.5 Lateral Raise	<8	10-15	20+
7	7	7	Straight Arm Sit Up on TC	<8	10-15	20+
7	7	7	Reverse Fly	<8	10-15	20+
7	7	7	Arnold Press	<12	15-25	30+

** all Level 2 and 3 exercises on the TC

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	BR XTR	-	-	-
8	20	20	Slamballs *Light*	15	20-30	20-30
8	12	12	MYO B2G Row	-	-	-
5	8	10	ALT Russian Swings	<20	25-40	45+
4	8	8	SB Snatch	Light	Heavy	L2 + Burpee

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:				
	TC			
0:30	CCC			
1:00	CCC (double first)			
	RR (repeat above 2x)			
	TC			
0:20	High MPH, repeat 3x			
	TC			
0:30	CDC			
1:00	CDC (double first)			
	RR (repeat above 2x)			
	TC			
0:20	High Watts, repeat 3x			
	TC			
0:30	CEC			
1:00	CEC (double first)			
	RR (repeat above 2x)			
	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		