



DATE: 11/29/2022

FORMAT: Crazy 8's *** 30 Second Energy Benchmark ***

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Chest Press	<15	20-35	40+
3	4	4	3:3 Bent Over Row/Upright Row	<10	12-20	25+
6	12	12	Hand Release Push-Up	Knees	Knees	Toes
20	20	20	Deadlift *Volume*	<15	20-35	40+
15	15	15	DB Chest Scoops	<10	12-20	L2 + Kneeling

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Reverse Crunches	-	Hanging Knee Raises	TTB
2	3	3	Countdowns	-	-	-
8	8	8	Bottoms Up KB Press	<15	20	25+
10	10	10	Chin Ups	MYO Supine Grip Row	Assisted	Rig
10	10	10	SB Bear Hug Squats	Light	Heavy	Stone

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 8mins				
	TC			
0:30	*Energy Point Benchmark*			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2 nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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	Thunder Storm	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		