



DATE: 11/05/2022

FORMAT: Blizzard

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
8	12	15	Lunge Step Up on BOSU	<10	12-15	20+
8	12	15	Lateral Hops on BOSU	-	-	-
10	20	30	Air Squats on BOSU	Bubble	Bubble	Flat
6	8	8	BOSU Obliques	-	-	-

HIIT Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ALT SB Step Up	Light	Heavy	L2 + Jumping
10	12	15	MYO Blast Off Squat	-	-	-
10	12	15	SB B2Ball Squat	Light	Heavy	L2 + Jump
8	12	15	Kneeling Wall Balls	8	12-16	16-20

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			
1:00	CEC			
	RR			
	TC			
1:00	CEC (beat previous)			
	RR			
	TC			
0:30	CDC			
	RR			
1:00	CDC (double previous)			
	RR			
	TC			

TIC Exercises: Yo-Yos, Fast Jacks, 1:1 Full Sit Ups/Crunches, Plank Jacks, Leg Raises

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		