



DATE: 11/07/2022  
 FORMAT: Doomsday  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
5	6	8	Deadlifts (heavy)	<25	30-45	50+
10	10	10	Chest Press/Crunch	<15	20-35	40+
8	12	15	TC Clean & Press	-	Pwr clean	Pwr clean
6	8	8	Elbow to Knee on TC	<8	10-15	20+
4	6	8	TC Rock N Row	-	w/4 mtn climbers	w/ 6 mtn climbers

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	BR Mayhem	-	-	-
5	8	8	ALT Side Lunge/Triple High Knee	-	Holding KB	Holding KB
4	8	12	Blast Off Push Ups	-	w/ 2 in & outs	w/ 4 in & outs
2	3	3	Slamball Shoulder Squat	<15	20-30	40

### Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>
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Time	Type	L1	L2	L3
Bike Ride				
2:00	Distance Challenge	.3	.4	.5
1:00	Energy Challenge	5	8	10
	RR			
	TC			
2:00	Energy Challenge	8	12	20
1:00	Distance Challenge	.1	.2	.3
	RR			
	TC			
2:00	1:00 S SP/1:00 OOS SP			
	(repeat 2x)			
	TC			
1:00	CDC			
1:00	CDC (beat previous)			
	RR			
	TC			
	PELO- Odds vs Evens: First to 0.5			
	LMAO			

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		