



DATE: 11/09/2022

FORMAT: HeatWave (0:45/0:15)

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Wide Bent Over Row	<8	10-20	25+
			Scissor Abs	-	-	-
			ALT Renegade Row	<8	10-20 w/ T-rotation	25+ w/ Push Ip
			Flutter Kicks	-	-	-
			Rear Delt Raise	<8	10-15	20+
			Info Jacks	-	-	-

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			Burpee over SB	Yo-Yo	-	-
			SB Squat/SB High Row	Light	Heavy	Heavy
			Wall Balls	8	12-16 Jumping	20 Jumping
			MYO Muscle Ups	-	-	-
			Box Jumps	16"	20"	24"+
			MYO Mtn. Climbers	-	-	-

### 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 <sup>st</sup> 13 Mins				
	TC			
	Energy Challenge-0:40, RR, 0:30, RR, 0:20			
	RR			
	TC			
	Energy Challenge-0:40, RR, 0:30, RR, 0:20			
	LMAO			
Bike Ride- 2 <sup>nd</sup> 13 Mins				
	TC			
	Distance Challenge- 0:40, RR, 0:30, RR, 0:20			
	RR			
	TC			
	Distance Challenge- 0:40, RR, 0:30, RR, 0:20			
	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		