



DATE: 12/10/2022
 FORMAT: Earthquake
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	Weighted Sprinters Lunge	<10	12-20	25+
10	15	15	TC Heel Squat	-	-	-
10	15	15	Quad Burners on TC	-	-	-
5	5	5	Back lunge Step Up on TC	<10	12-20	25+
8	8	8	B Stance RDL	<10	12-20	25+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
6	6	6	Tuck Slams	15	20-30	30-40
8	8	8	Box Jumps	16"	20"	24"
8	8	8	Pull Ups	MYO High Row	Assisted	Rig
10	12	12	American Swings	<15	20-40	45+
8	8	8	Jumping Step Ups	16"	20"	24"

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: 15mins				
	TC			
AFAP	Energy Points Challenge	10	15	20
	RR			
	0:30 OOS Climb/0:30 S Sprint, repeat 3x			
	TC			
Bike Ride: 11mins				
	TC			
	CDC- OOS 0:20, S 0:30, RR. Repeat 2x			
	TC			
	CEC- S 0:20, OOS 0:30, RR. Repeat 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		