



DATE: 12/16/2022
 FORMAT: Doomsday
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Racked Lateral Lunge	<8	10-20	25+
4	6	8	ISO Shoulder Squat with Stone	Light	Light	Heavy
5	6	8	Sprinters Lunge and Row	<8	10-20	25+
8	8	8	DB Squat/Upright Row	<8	10-20	25+
4	5	6	ISO Hold Surrender	<8	10-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Russian Swings	<15	20-40	45+
10	10	10	SB Good Mornings	Light	Light	Heavy
10	10	10	SB Front Loaded Squat	Light	Light	Heavy
2	3	4	20:10 Hammer BR/OTH BR Back Lunge	-	-	-
4	4	4	Lateral Shuffle Taps	-	w/Wallball	w/Wallball

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			
	Battle Rope Game- 100 BR, 2 members vs Bikers .3 Distance			
	TC			
	Distance Challenge- switch OOS/S every .1	.4	.5	.6
	TC			
	Energy Challenge- switch OOS/S every 5 points	15	25	30
	TC			
	PELO Odds vs Evens 0.5, Odds OOS, Evens S			
	RR			
	PELO Odds vs Evens 0.5, Evens OOS, Odds S			
	TC			
	TEAM Odds vs Evens 15 Energy Points, Odds OOS, Evens S			
	RR			
	TEAM Odds vs Evens 15 Energy Points, Evens OOS, Odds S			

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	Wildfire	
Monsoon		
Supernova		