



DATE: 12/17/2022

FORMAT: Doomsday- Last Day of Twistmas!

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

| L1 | L2 | L3 | Exercise:                                 | L1  | L2    | L3  |
|----|----|----|-------------------------------------------|-----|-------|-----|
| 8  | 8  | 8  | 45 on BOSU                                | <10 | 12-20 | 25+ |
| 8  | 8  | 8  | DB Single Leg Kickback                    | <10 | 12-15 | 20+ |
| 3  | 4  | 4  | 3:1 Tricep Push Up/High Plank Toe Touches | <10 | 12-20 | 25+ |
| 8  | 8  | 8  | Front Loaded Hammer Curls                 | <10 | 12-20 | 25+ |
| 8  | 8  | 8  | 1.5 OTH DB Extensions                     | <10 | 12-20 | 25+ |
| 8  | 15 | 15 | Sit Ups on BOSU                           | -   | -     | -   |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:                | L1    | L2    | L3    |
|----|----|----|--------------------------|-------|-------|-------|
| 2  | 3  | 3  | 10:5 ALT BR/Half Burpees | -     | -     | -     |
| 3  | 5  | 5  | 2:2 SB Clean/SB Snatch   | Light | Light | Heavy |
| 8  | 10 | 10 | MYO Clutch Curls         | -     | -     | -     |
| 10 | 20 | 20 | Wallballs                | 8     | 12-16 | 20    |
| 5  | 6  | 6  | Wrecking Balls           | 15    | 20-30 | 30-40 |

### 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                                                                                                         |    |    |    |
| 1:30       | CDC Progressive Climb, add 1 gear every .5                                                                 |    |    |    |
|            | Repeat Above, attempt to beat previous                                                                     |    |    |    |
|            | TC                                                                                                         |    |    |    |
| 1:30       | CEC Progressive Climb, add gear every 0:15                                                                 |    |    |    |
|            | Repeat Above, attempt to beat previous                                                                     |    |    |    |
|            | TC                                                                                                         |    |    |    |
|            | PELO Odds vs Evens 0.5- Pick a Captain from each team to be in charge of cheering on the team              |    |    |    |
|            | TC                                                                                                         |    |    |    |
|            | TEAM Odds vs Evens 20 Energy Points- Pick a Captain from each team to be in charge of cheering on the team |    |    |    |
|            | TC                                                                                                         |    |    |    |
|            |                                                                                                            |    |    |    |

| Formats<br>(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                                    |                |                                                       |