



DATE: 12/19/2022
 FORMAT: Supernova
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
8	12	15	Heels up Squat on TC	-	-	-
10	10	10	B Stance RDL	<10	12-25	30+
10	15	15	Hip Thrust on TC	-	Weighted	Weighted
6	6	6	Rear Lunge on TC	-	<10	12+
5	5	5	Racked Lateral Lunge/Press	<8	10-15	20+
8	10	12	TC Lateral Hops	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	180 Burpee	-	-	+ Double Pump
6	8	10	Plyo Step Up	-	-	-
8	10	12	Single Leg Box Stand Up	-	Plyo	Plyo
6	8	8	KB Figure 8	<15	20-30	35+
20	30	40	BR V-Sit	-	-	-

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- 4mins				
	PELO: Odds vs Evens- 0.4 Distance			
	TC			
Bike Ride- 5mins				
	PELO: Odds vs Evens- 0.5 Distance			
	TC			
Bike Ride- 6mins				
	PELO: Odds vs Evens- 0.6 Distance			
	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	Wildfire	
Monsoon		
Supernova		