



DATE: 12/22/2022

FORMAT: Blizzard

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
15	25	25	Chest Press on BOSU *High Rep*	<12	15-25	30+
8	10	10	1:1 Bent Over Row/Deadlift	<12	15-25	30+
15	25	25	Incline Chest Fly on BOSU	<8	10-20	25+
15	15	15	Supermans	-	-	-
4	6	8	ALT Push-Up on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 MYO Chest Press/MYO Chest Fly	-	-	-
10	10	10	MYO Knee Tucks	-	+ push up	+push up
8	8	8	Single Arm KB Row	<15	20-30	35+
2	3	3	5:5 MYO Muscle Ups/MYO High Row	-	-	-
3	4	4	SB DAB Drag	Light	Light	heavy

TIC Exercises: Pike In & Out, ALT Commander Push-Ups, Full Sit-Ups, Cris Crossing Squat Drops, Jumping Jacks

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			
1:00	CDC, repeat 2x, try to beat previous			
	TC			
	Slamball Game: Odds vs Evens. 1 person from odds, 1 person from evens. Slam at the same time. Goal is 25 slams, trying to race the bikers to 0.3			
	TC			
1:00	CEC- OOS 0:20/S 0:20/OOS 0:20) Repeat 2x, try to beat previous			
	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		