Twisted Cycle

DATE: 12/24/2022 Christmas Eve, Merry Christmas!
FORMAT: Heatwave 0:45/0:15
AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Bulgarian Lunge on BOSU (R)	-	10-15	20+
			Bulgarian Lunge on BOSU (L)	-	10-15	20+
			Russian Twist on BOSU	-	Ft off floor	Ft off floor
			Lateral BOSU Hops	-	Holding Slamball	Holding Slamball
			Racked Sumo Squat	<12	15-25	30+
			Crunches *As many as possible*	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			KB ALT Back Lunge Haybaler	<15	20-30	35+
			Russian Swings	<15	20-30	
			Broad Jump Burpee	-	-	-
			KB ALT Step Ups	<15	20-30	35+
			5:5 V Ups/Full Sit Ups	-	-	-
			KB OTH Press	<15	20-30	35+

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: 1st 13mins			
	TC			
2:00	1:00 S Distance/1:00 OOS Energy Points, don't reset PIQ interval until 2 mins is complete.			
	TC			
2:00	1:00 OOS Energy Points/1:00 S Distance, don't reset PIQ interval until 2 mins is complete.			
	TC			
	Bike Ride: 2nd 13mins			
	TC			
2:00	Distance 0:30 OOS/0:30 S, Energy Points 0:30 OOS/0:30 S			
	TC			
2:00	Energy Points 0:30 OOS/0:30 S, Distance 0:30 OOS/0:30 S			
	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		