



DATE: 12/27/2022

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	6	6	Sumo Deadlift *Increase weight 5lbs every round*	<15	20-35	40+
6	10	10	ALT Back Lunge	-	Jumping	L2 + 5lbs
6	6	6	Center Hold Squat *Increase weight 5lbs every round*	<15	20-35	40+
10	15	15	Straight Leg Sit Ups	-	-	-
10	15	15	Elbow Plank Hip Dips	-	-	-

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Back Lunge Hooper	<15	20-30	35+
15	15	15	KB Hip Dips	<15	20-30	35+
8	15	15	Wallballs	8	12-16	16-20
8	8	8	Wallball Holders	8	12-16	16-20
6	6	6	KB Lateral Lunge/Upright Row	<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: 1 st 8mins				
	TC			
2:00	Surge- Energy Points	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Tabata- 0:10 All Out/0:10 RR			
	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		