



DATE: 12/28/2022
 FORMAT: Earthquake
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Kickbacks	<10	12-15	20+
-	2	2	21's	<10	12-15	20+
5	10	10	Pike Push Ups	-	-	-
15	25	25	45 Degree Curl	<10	12-15	20+
8:8	10:10	12:12	Reverse Crunches/Knee Up Crunches	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	10	75	Jump Rope	-	DBLU	DBLU
15	10	10	Chin Ups	MYO Curl	Assisted	Rig
8	10	10	SB Clean	Light	Heavy	L2 + Front Squat
8	8	8	KB Sumo Carriers	<15	20-40	45+
8	12	12	Atomic Slams *Fast*	15	15-20+	15-20+

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: 15mins				
	TC			
	CDC 0:15 OOS/0:15 S repeat 1x			
	TC			
	CDC 0:30 OOS/0:30 S repeat 1x, attempt to double total from 1 st drill			
	TC			
Bike Ride: 11mins				
	CEC 0:15 OOS/0:15 S repeat 1x			
	TC			
	CEC 0:30 OOS/0:30 S repeat 1x, attempt to double total from 1 st drill			
	TC			
	LMAO			

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		