



DATE: 12/29/2022
 FORMAT: Doomsday
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body **Around the World Theme**

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	French Press (OTH Extension)	<15	20-35	40
3	3	3	Turkish Sit Up	-	<8-15	20+
10	10	10	Russian Twists	<10	12-20	25+
12	12	12	DB American Swing	<15	20-30	35+
10	10	10	Romanian Deadlift (DB RDL)			

HIIT Side

Focus: Total Body/HIIT **Around the World Theme**

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Russian Swings	<15	20-40	45+
20	20	20	Brazilian Butt Lift (SB Hip Thrust on Box)	Light	Heavy	heavy
12	15	15	Australian Pull Up (MYO High Row)	-	-	Parallel
8	8	8	Bulgarian Lunge on Box	-	Goblet KB 15-25	Goblet KB 30+

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			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 st to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 st to complete wins.			
	RR			
	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		