



DATE: 12/06/2022
 FORMAT: Blizzard
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	8	Bent Over Rows	<12	15-30+	L2 + 1:1 Deadlift
8	8	8	Kneeling Single Arm Upright Arm	<15	20-30	35+
10	20	20	Squat Drops	-	-	-
10	15	20	Plank Jacks	-	-	-
10	10	10	Side Jack Knives	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	2	2	5:5 Slamballs/Air Squats	15	20-30	30-40
10	10	10	Hanging Knee Raises	MYO Knee Tucks	Rig	TTB
10	15	20	Incline Shoulder Taps (ft. on box)	16"	20"	20" + Pike position
10	10	10	KB Hip Dips	<20	20-35	40+
10	10	10	Wallball Jump N Press	8	12-16	20

TIC Exercises: Half Burpees, Crunches, High Knees, Skaters, SMS

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	.5	.6	.8
	RR			
	Slamball Game- 25 slamballs, 2 members vs Bikers .3 distance			
	TC			
	TEAM Odds vs Evens- 15 Energy Points			
	TC			
	0:30 S Energy Points/0:30 OOS Distance, RR, repeat 1x			

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		
Monsoon		
Supernova		