



DATE: 1-12-2023

FORMAT: Heatwave (0:45/0:15)

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			SB Squat	Light	Light	heavy
			ALT Goblet Squat Surrenders	<15	20-30	35+
			Up and Overs	-	-	-
			Racked Sumo Squats	<15	20-30	35+
			1:2 SB Wipers/SB Toe Touches	Light	Light	heavy
			Shoulder Taps			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			ALT BOSU Lunge Twist	-	-	-
			Slam Balls	15	15-20	20-30
			BOSU Lateral Hops	-	-	-
			BR Slams	-	-	-
			Hollow Body Hold	-	-	-
			ALT Commander Push Ups	-	-	-

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 13mins				
	TC			
	PELO- Odds vs Evens Distance 0.4 (OOS 0.2/S 0.2)			
	TC			
	TEAM Odds vs Evens Energy Points 20 (OOS 10/S 10)			
	TC			
Bike Ride: 2 nd 13mins				
	TC			
2:00	Standing Climb 0:20, Seated Sprint 0:20- repeat for full 2 mins			
	TC			
2:00	Seated Climb for 0:20, Standing Sprint 0:20- repeat for full 2 mins			
	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		