



DATE: 1-2-2023  
 FORMAT: Crazy 8's  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Skull Crushers on TC	<10	12-20	25+
10	15	15	Hammer Curls	<10	12-20	25+ On TC
8	8	8	ISO Arnold Press	<10	12-20	25+
10	15	15	Close Grip Press on TC	<10	12-20	25+
10	15	15	Twisted Curl	<10	12-20	25+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	American Swing	<20	25-40	45+
30	50	70	BR XTR	-	-	-
10	15	15	Crossbody Mtn Climbers	-	-	-
2	2	2	5:5 KB Upright Row/KB Press	<20	25-40	45+
8	12	12	Crossbody Bicycle/V-Up	-	-	-

**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
<b>Bike Ride: 1<sup>st</sup> 8mins</b>				
	TC			
2:00	Surge- Energy Points, :15 RR	5	6	7
	TC			
<b>Bike Ride: 2<sup>nd</sup> 8mins</b>				
	TC			
3:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
	TC			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
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		