



DATE: 1-28-2023  
 FORMAT: Heatwave \*\*\* Reps NOT TIC \*\*\*  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs/Biceps

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Heels Up Goblet Squat	<15	20-35	40+
10	10	10	Zottman Curls	<10	12-15	20+
8	8	8	ALT Curtsy Lunge	-	8-15	20+
12	20	20	ALT Hammer Curls	<8	10-20	25+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Box Jumps	16"	20"	24"
50	50	50	Jump Rope	-	ALT	DBLU
4	5	6	2:2 Wallballs/Squat Jump w Wallball	8	12-16	20
12	20	20	American Swings	<15	20-35	40+

### 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 <sup>st</sup> 13mins				
	TC			
	Slamball Game- Odds vs Evens, 1 person from each team completes 25 slamballs while bikers ride to 0.3 distance			
	TC			
1:30	CDC- 0:30 OOS, 0:30 S, 0:30 OOS			
Bike Ride: 2 <sup>nd</sup> 13mins				
	TC			
1:30	PELO Odds vs Evens Distance- 0:30 OOS, 0:30 S, 0:30 OOS			
	TC			
1:30	TEAM Odds vs Evens Energy Points- 0:30 OOS, 0:30 S, 0:30 OOS			
	TC			
1:00	Energy Points, switch OOS/S every 0:10			

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		