



DATE: 1-31-2023
 FORMAT: Crazy 8's
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	10	15	DB Clean/Racked Squat	<15	20-35	20-35
10	15	15	Bicycle Crunches	-	-	-
8	10	15	1.5 Goblet Squats	<15	20-35	20-35
12	12	12	Side Plank Hip Dips (ea)	-	-	-
8	15	20	Wall Ball Hamstring Curls	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
30	10	50	Jump Rope	-	DBLU	DBLU
8	6	10	Box Jumps	16"	24"	24"
4	6	8	1:1 Inchworm/Atomic Frog	-	+ push up after inchworm	+ Push up after inchworm
2	3	3	10:4 Mtn Climbers/Half Burpees	-	-	-
8	10	10	SB Snatch	Light	Heavy	Heavy

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 8mins				
0:30	Distance Challenge- AFAP			
	RR			
1:00	Distance Challenge- AFAP, double previous			
	RR			
1:00	Distance Challenge- AFAP, meet or beat previous			
	TC			
Bike Ride: 2 nd 8mins				
0:30	Energy Points Challenge- AFAP			
	RR			
1:00	Energy Points Challenge- AFAP, double previous			
	RR			
1:00	Energy Points- AFAP, meet or beat previous			
	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		