Twisted Cycle

DATE: 1-7-2023
FORMAT: Blizzard
AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	SB Curls	Light	Light	heavy
10	10	10	Dragon Fly	<10	12-20	25+
6	6	6	Racked Squat *Heavy*	<15	20-40	45+
6	6	6	1:1 SB Clean/SB Upright Row	Light	Light	heavy
10	15	15	Rear Delt Raise	<10	12-20	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	KB Back Lunge Hooper	<15	20-40	45+
2	3	3	10:10 Seal Jacks/Jumping Jacks	-	-	-
10	10	10	Pull Ups	Myo High Row	Assisted	Rig
6	6	6	Rainbow Slams	15	15-20	20-30
10	10	10	OTH Walking Lunges w Slamball	15	15-20	20-30

TIC Exercises: Air Jacks, Shoulder Taps, Squat Drops, SMS, ALT Jump Lunges

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			
1:00	CDC vs 1 person Burpees. Distance for one min while 1 person completes burpees. Repeat 2x with different person completing burpees, trying to beat previous burpee count and total distance.			
	TC			
1:00	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:45	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:30	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
	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		