



DATE: 2-1-2023

FORMAT: Monsoon

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	12	16	Warrior Press on BOSU	<10	12-25	12-25
8	12	12	Bent Over Row	<10	12-25 On BOSU	12-25 On BOSU
8	12	16	Jack Press	<10	12-25	12-25
6	8	8	Front Lunge to Chest Scoop	<10	12-25	12-25
8	8	8	Bosu Lateral Hops w DB	<10	12-25	12-25

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	MYO High Row	-	-	-
10	15	20	American KB Swings	<20	25-40	25-40
10	15	20	MYO Roll Outs	-	-	-
20	40	60	BR In and Out	-	-	-
8	8	8	KB Figure 8	<20	25-40	25-40

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 st 6mins				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	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		