



DATE: 2-17-2023
 FORMAT: Crazy 8's
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise: **Start from the bottom on the 2nd round of 8	L1	L2	L3
8	8	8	ISO Chest Press on BOSU	<15	20-30	35+
8	8	8	Deadlift *heavy	<20	25-45	50+
8	8	8	Incline Crush Press on BOSU	<15	20-30	35+
8	8	8	Upright Row	<15	20-30	35+
8	8	8	ALT Incline Chest Fly on BOSU	<10	12-20	25+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise: **Start from the bottom on the 2nd round of 8	L1	L2	L3
8	8	8	1:1 SB Lateral Drag/In & Outs	light	Light	Heavy
8	8	8	Russian Swings (level up with alternating)	<15	20-45	50+
8	8	8	Chin Ups	MYO Bicep Curl	Assisted	Rig
4	4	4	ALT Wallball Push Ups	-	-	-
8	8	8	Slam Ball Single Loaded Slams	15	15-20	20

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				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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		