



DATE: 2-2-2023
 FORMAT: Blizzard
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Chest Press on TC	<15	20-50	20-50
10	15	20	DB Pullover/Crunch on TC	<15	20-50	20-50
10	15	20	Decline Chest Fly on TC	<10	12-30	12-30
10	12	15	DB Row on TC	<15	20-50	20-50
8	10	12	Wide Push Ups	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	2:2 Shoulder Taps/SMS	-	-	-
15	15	15	Jumping Jacks	-	-	-
2	3	3	5:5 SB Bent Over Row/SB Clean	Light	Heavy	Heavy
3	4	4	DAB Drag	Light	Heavy	heavy
6	8	10	MYO Single Arm Row	-	-	-

TIC Exercises: Burpees, Candlesticks, Crunches, Hollow Body Hold, Square Jumping

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			
	PELO: Odds vs Evens, first team to 15 Energy Points			
	TC			
	TEAM: Odds vs Evens, first team to 0.5			
	TC			
AFAP	Distance Challenge, rotate OOS/S every 0:20	0.3	0.5	0.7
1:00	CDC vs 1 member burpees. How far can the class ride for 1:00 while 1 member completes burpees. Repeat, selecting a different member. See if class can ride farther before member exceeds first burpee total.			
	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		