



DATE: 2-20-2023
 FORMAT: Monsoon
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
12	15	20	ALT Curl	<12	15-20	25+
12	15	20	ALT Crossbody Hammer Curl	<12	15-20	25+
12	15	20	Russian Twists w DB	<12	15-20 + ft off floor	25+ (ft off floor)
			2nd 6 Mins:			
7	7	10	Diamond Push Up	Knees	Toes	Toes
12	15	20	OTH Extension	<15	20-30	35+
12	15	20	Full Sit Ups	-	Weighted	weighted

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	10:10 BR/ALT BR	-	-	-
8	10	10	KB Double Double	<20	25-30	35+
7	7	7	SB Snatch	Light	Light	Heavy
4	6	8	2:2 Wallball/Yo-Yo	8	12-16	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 6mins				
3:00	S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
Bike Ride: 2 nd 6mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/RR 0:30 (complete 3x)			
Bike Ride: 3 rd 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 st group High MPH, 2 nd group RR.			
	TC			
Bike Ride: 4 th 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 st group High Watts, 2 nd group RR.			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Earthquake	Typhoon	Funnel- Decreasing a Rep each Round
Flash Flood	Vortex	Reverse Funnel- Adding a Rep each Round
Heatwave	Whirlwind	
Hurricane	Wildfire	
Monsoon		