



DATE: 2-23-2023  
 FORMAT: Earthquake  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Kneeling DB Y Raise	<8	10-15	20
10	10	10	Incline Chest Press on TC	<15	20-40	45+
10	10	10	DB Row on TC	<15	20-40	45+
10	10	10	ALT Chest Fly on TC	<10	12-20	25+
15	15	15	Supermans	-	-	-

**HIIT Side**

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Jack Knives	-	-	-
6	8	10	Heismans	-	-	-
15	15	15	American Swings	<20	25-40	45+
10	15	10	Pull Ups	MYO high row	Assisted	Rig
10	10	10	MYO Roll Ins	-	-	-

**Bike Protocol:**

<b>Bike Abbreviations</b>
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
<b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>

Time	Type	L1	L2	L3
Bike Ride: 15mins				
	TC			
0:45/0:30	CDC/CEC, then RR (complete 2x)			
	TC			
0:45/0:30	CEC/CDC, then RR (complete 2x)			
	TC			
Bike Ride: 11mins				
	TC			
2:00	CDC			
	RR			
2:00	CEC			
	TC			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
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		