



DATE: 3-17-2023
 FORMAT: Earthquake
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	Back Lunge w Single Arm Curl	<10	12-15	20+
10	10	10	Crossbody Crunch	-	-	-
5	5	5	Racked Lateral Lunge Press	<10	12-15	20+
10	10	10	Weighted Squat Jump	<10	12-15	20+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 Box Jumps/Air Jacks	16"	20"	24"
7	7	7	KB Single Suitcase Swing	<15	20-25	30+
2	3	4	DAB Lateral SB Squat Walks/5 B.E. Squats	Light	Light	Heavy
15	15	15	MYO Hamstring Curls	-	-	-

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: 15mins				
	TC			
AFAP	Energy Points Challenge	10	15	20
	RR			
	0:30 OOS Climb/0:30 S Sprint, Complete 3x.			
	TC			
Bike Ride: 11mins				
	TC			
	CDC- OOS 0:20, S 0:30, RR. Complete 2x.			
	TC			
	CEC- S 0:20, OOS 0:30, RR. Complete 2x.			
	TC			

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	AMRAP- As Many Rounds As Possible
Hurricane	Wildfire	
Monsoon		