



DATE: 3-18-2023
 FORMAT: Crazy 8's
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
8	8	8	Decline Spider Climbers on TC	-	-	-
8	8	8	Decline Chest Press on TC *Heavy	<15	20-40	45+
8	8	8	TC Rock N Row	-	-	-
			2nd 8 Mins:			
12	15	20	Back Ext on TC	-	-	-
12	12	12	Reverse Fly	<10	12-15 On TC	12-15 On TC
12	12	12	Deadlift	<15	20-40 On TC	20-40 On TC

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
10	15	8	Pull Ups	MYO Low Row	ASST	Rig
3	3	3	SB Burpee Rover	Light	Light	Heavy
8	8	8	SB Snatch	Light	Light	Heavy
			2nd 8 Mins:			
10	10	10	Single Arm KB Row	<15	20-30	35+
6	6	7	ALT Wallball Lunges	8	12-16	20
10	10	10	Kneeling Slam Balls	15	15	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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt to beat previous			
	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		