



DATE: 3-24-2023

FORMAT: Monsoon

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
1	1	2	20:20:20 Jumping Jacks/Squat Jumps/Sit Ups	-	-	-
7	7	7	ISO Hold Static Lunge	<10	12-15	20+
			<b>2<sup>nd</sup> 6 Mins:</b>			
10	12	15	Wallball Hamstring Curls	8	12-16	20
5	5	5	Racked Lateral Lunge/Press	<10	12-15	20+
10	12	15	Candlesticks	-	-	-

### HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
2	3	3	SB Rover	Lt	Lt	Hvy
25	25	25	B2B Squats (AFAP)	-	-	-
7	7	7	MYO Pistol Squats	-	-	-
			<b>1<sup>st</sup> 6 Mins:</b>			
5	5	5	OTH KB Step Ups	<15	20-25	30
10	12	15	SB Good Mornings	Lt	Hvy	Hvy
20	30	40	BR In and Outs	-	-	-

### 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 <sup>st</sup> 6mins				
AFAP	Energy Challenge (add a gear every 5 points)	15	20	25
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 <sup>rd</sup> 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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		