



DATE: 3-31-2023

FORMAT: Doomsday **3 Min Distance Benchmark**

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Reverse Curls	<8	10-15 On TC	20+ On TC
10	10	10	Single Arm Kickback on TC	<8	10-12	15+
10	10	10	V-Punches	<8	10-12	15+
6	8	10	Sphinx Push Ups	-	-	-
10	10	10	TC Knee to Elbow	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	1:1 SB Clean/SB Front Loaded Lunge	Lt	Lt	Hvy
7	7	7	KB Figure 8's	<15	20-30	35+
30	50	75	Hammer BR	-	-	-
2	2	3	5:5 MYO Muscle Up/MYO High Row	-	-	-

### 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>
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Time	Type	L1	L2	L3
Bike Ride:				
3:00	<b>Distance Benchmark- how far can members ride in 3mins. Give RR after.</b>			
	Slamball Relay- 2 members, 1 <sup>st</sup> member gets 10 slamballs, 2 <sup>nd</sup> member then does 10 slamballs. Repeat until both members have gotten 30 each. Bikers are racing to 0.4. (take note of time taken to complete)			
	TC			
1:00	CEC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous total			
	TC			
	Slamball Relay- repeat previous relay, choosing 2 different members for slamballs. Attempt to beat previous time.			
	TC			
1:00	CDC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous 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		