



DATE: 3-7-2023

FORMAT: Blizzard **1 Mile Distance Benchmark**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Single Leg Hip Bridge on TC	-	-	-
8	10	12	TC SuSu Jump	-	Holding Slam Ball	Holding slam ball
10	15	20	Heels Up Squat on TC	-	Holding Slam Ball	Holding Slam Ball
6	8	10	1:1 Front lunge/Front Raise	<8	10-15	20
7	7	7	TC Lateral Taps	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	3:1 ALT Jumping Step Ups/Box Jumps	-	-	-
6	8	10	1:1 MYO Hamstring Curls/MYO Hip Bridge	-	-	-
8	8	8	KB SCP	<20	25-35	40+
10	20	20	KB Russian Swings	<20	25-35	40+

TIC Exercises: Full sit ups, Jack Knives, ALT single leg v-ups, Crunches, Bicycle Crunches (repeat)

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:				
	TC (no more than 2 mins)			
AFAP	1 Mile Distance Benchmark			
	RR			
Slamball Game- 25 slamballs, 2 members vs Bikers .3 distance				
	TC			
TEAM Odds vs Evens- 15 Energy Points				
	TC			
0:30 S Energy Points/0:30 OOS Distance, RR, complete 2x				

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		