



DATE: 4-11-2023
 FORMAT: Black Hole
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Push Ups	Knees	Toes	Plyo
10	10	10	ISO Hammer Curl	<10	12-20	25+
10	10	10	ALT Front Lunge	<10	12-20	25+
10	10	10	Weighted Yo-Yo	<10	12-20	25+
2	2	2	5:5 Slamball/High Knees holding Slamball	15	15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 Top Half Sit Ups/Russian Twists	-	-	-
2	2	2	5:5 SB Lateral Drag/Spider Push Up	LT	LT	HVY
50	75	100	BR	-	-	-
2	3	3	5:5 Pike Shoulder Tap/Half Burpee	-	-	-
10	10	10	KB Statue of Liberty	<15	20-30	35+

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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		