



DATE: 4-18-2023

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Legs/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
5	5	5	ALT Snatch	<15	20-40	45+
15	15	15	Lateral Raise	<8	10-12	15+
10	10	10	Hammer Shoulder Press	<10	12-20	25+
			<b>2<sup>nd</sup> 8 Mins:</b>			
10	10	10	TC Lateral Taps	-	-	-
8	8	8	ISO Hold Static Lunge	<8	10-15	20+
15	15	15	Heels Up Goblet Squat on TC			

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
6	6	7	KB Back Lunge Haybaler	<15	20-25	30+
8	8	10	SB Step Ups	LT	HVY	HVY
4	4	4	ISO Shoulder Squat with Stone	Slamball	LT	HVY
			<b>2<sup>nd</sup> 8 Mins:</b>			
8	8	8	KB V Press	<15	20-25	30+
8	8	8	Heismans	-	-	-
6	6	7	KB Single Leg Press	<15	20-25	30+ *bottoms up

**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
<b>Bike Ride: 1<sup>st</sup> 8mins</b>				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
<b>Bike Ride: 2<sup>nd</sup> 8mins</b>				
AFAP	Distance Challenge (beat previous time)	0.5	0.6	0.8
	TC			
	LMAO			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
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		