



DATE: 4-19-2023
 FORMAT: Monsoon
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
6:6	7:7	8:8	Hammer Curls/Reverse Curls	<10	12-15	20+
12	12	12	Up and Overs	-	-	-
6:6	7:7	8:8	45 Degree Curls/Top Half Curls	<10	12-15	20+
			2nd 6 Mins:			
6:6	7:7	8:8	DBL OTH Extension/Kickbacks	<10	12-15	20+
6:6	7:7	8:8	Reverse Crunch/Knee Up Crunches	-	-	-
6:6	7:7	8:8	Tricep Pushups/Plank Knee 2 Elbow	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
2	2	3	5:5 KB Skull Crusher on Box/KB Pullover on Box	<15	20-30	35+
35	70	100	Kneeling BR	-	-	-
10	12	15	MYO Bicep Curls	-	-	-
			2nd 6 Mins:			
10	20	20	Russian KB Swings	<20	25-40	45+
12	15	8	Box Dips	-	-	MYO Dips
10	20	20	Box Jumps	16"	20"	24"

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 st 6mins				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	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		