



DATE: 4-25-2023
 FORMAT: Doomsday
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Weighted Sprinters Lunge	<8	10-15	20+
8	10	12	Quad Burners	-	Holding weight	Holding weight
15	20	20	Center Hold Squat on TC	<20	25-35	40+
10	12	12	B Stance RDL	<15	20-30	35+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	15	20	ALT Jumping Step Ups	-	-	-
6	8	8	SB Lateral Lunge	Lt	Lt	Hvy
30	200	75	Jump Rope	-	-	DBLU
12	12	12	Weighted Monster Walks (using SB)	Lt	Lt	Hvy

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:				
AFAP	Distance Challenge (2 min max)	.3	.4	.5
	RR			
AFAP	Energy Challenge (1 min max)	5	8	10
	TC			
AFAP	Energy Challenge (2 min max)	8	12	20
	RR			
AFAP	Distance Challenge (1 min max)	.1	.2	.3
	TC			
2:00	1:00 S SP/1:00 OOS SP (complete 2x total)			
	TC			
1:00	CDC			
	TC			
1:00	CDC (beat previous)			
	PELO- Odds vs Evens: First to 0.5			
	LMAO			

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		