



DATE: 4-27-2023

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 8 mins			
10	10	10	HWH	<10	12-15	20+
10	10	10	Crossbody Hammer Curl	<10	12-15	20+
10	10	10	Slam Balls	15	20	30
			2 <sup>nd</sup> 8 mins			
10	10	10	Skull Crushers	<10	12-15	20+
10	10	10	Kickbacks	<10	12-15	20+
10	10	10	Burpees	Yo-yo	-	-

### HIIT Side

Focus: Total Body

L1	L2	L3	Exercise: *Start from the bottom on the 2 <sup>nd</sup> round of 8 mins	L1	L2	L3
10	12	14	Lateral SB Drags	Lt	Lt	Hvy
8	15	15	Box Jumps	16"	20"	24"
8	10	15	MYO Roll Outs	-	-	-
30	50	75	ALT BR	-	-	-
10	12	15	American Swings	<20	30-40	45+

### 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 <sup>st</sup> 8mins				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 <sup>nd</sup> 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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		