



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

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	Rotating Surrender Jump	-	-	-
7	7	7	ALT Plank Kick Through	-	-	-
15	15	15	BOSU Mtn. Climbers	-	-	-
4	6	6	Man Makers	<8	10-20	25+
8	8	8	Warrior Press on BOSU	<8	10-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
25	40	55	Kneeling BR In & Out	-	-	-
8	10	10	Tuck Slams	15	15	20
10	10	10	KB High Pull	<15	20-30	35+
4	6	8	ALT OTS Stone Toss/Burpee	Lt	Lt	hvy
8	8	8	Spider Climbers	-	-	-

**TIC Exercises:** Butterfly Sit Ups, Push Ups, Jumping Jacks, High Plank Toe Touch, Alt Lateral Lunge/Triple High Knee

### Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>
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Time	Type	L1	L2	L3
Bike Ride:				
	TC			
1:00	CDC vs 1 person Burpees. Distance for one min while 1 person completes burpees. Complete 2x with different person completing burpees, trying to beat previous burpee count and total distance.			
	TC			
1:00	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:45	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:30	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
	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		