



DATE: 5-1-2023

FORMAT: Heatwave

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Chest Fly	<10	12-20	25+
10	15	15	Supinated Row	<10	12-20	25+
8	8	8	ISO Chest Press	<15	20-35	40+
4	5	6	2:2 Deadlift/Shrug	<15	20-35	40+
3	4	5	3:3 Diamond Push Up/Lat Pull	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	6	7	Loaded Slamball Slams (ea)	15	20	30
15	15	15	Soccer Taps on Slamball	-	-	-
8	8	8	SB Clean	LT	LT	HVY
5	5	5	ALT Lateral Lunge/Triple High Knee	-	-	-
15	15	15	Seal Jacks	-	-	-

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 13mins				
	TC			
	Slamball Game- Odds vs Evens, 1 person from each team completes 25 slamballs while bikers ride to 0.3 distance			
	TC			
1:30	CDC- 0:30 OOS, 0:30 S, 0:30 OOS			
Bike Ride: 2 nd 13mins				
	TC			
1:30	PELO Odds vs Evens Distance- 0:30 OOS, 0:30 S, 0:30 OOS			
	TC			
1:30	TEAM Odds vs Evens Energy Points- 0:30 OOS, 0:30 S, 0:30 OOS			
	TC			
1:00	Energy Points, switch OOS/S every 0:10			

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	
Hurricane	Wildfire	
Monsoon		