



DATE: 5-11-23
 FORMAT: Black Hole
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Butterfly Sit Ups	-	-	-
10	12	15	Kneeling Slam Balls	15	20	20
10	12	15	Skull Crushers	<10	12-20	25+
8	8	8	DB Clean/Racked Squat	<10	12-20	25+
6	6	7	Push Up 2 Snatch (ea)	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Squat Drops	-	-	-
2	2	3	5:5 Wallball Sit Up & Toss/Russian Twists	8	12-16	20
10	15	12	Pull Ups	MYO High Row	MYO High Row	Rig
2	2	2	5:5 Flutter Kicks/SB Cleans	Lt	Lt	Hvy
10	12	15	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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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		