



DATE: 5-13-23  
 FORMAT: Monsoon  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
7	7	7	Racked Lateral Lunge on BOSU	<8	10-15	20+
7	7	7	ISO Shoulder Squat w Stone	Lt	Lt	Hvy
7	7	7	Sprinters Lunge and Row	<8	10-15	20+
			<b>2<sup>nd</sup> 6 Mins:</b>			
10	10	10	DB Squat/Upright Row	<15	20-30	35+
5	5	5	OTH Surrender	<15	20-30	35+
15	15	15	Single Leg Hip Bridge on BOSU	-	-	-

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
8	8	8	ALT Back Lunge w KB	<15	20-30	35+
8	8	8	Lateral Shuffle Taps	-	-	-
20	20	20	Bicycle Crunches	-	-	-
			<b>2<sup>nd</sup> 6 Mins:</b>			
10	12	15	Wallballs	8	12-16	20 + Jump
8	10	12	Bulgarian Lunge (ft on Box)	-	-	-
50	50	50	Jump Rope	-	ALT	DBLU

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 6mins				
	TC			
2:00	CDC/RR (0:30/0:30) *try to beat distance total each time			
	LMAO			
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
2:00	OOS SP/S SP (switch every 0:30)			
	LMAO			
Bike Ride: 3 <sup>rd</sup> 6mins				
	TC			
2:00	CEC/RR (0:30/0:30) *try to beat energy point total each time			
	LMAO			
Bike Ride: 4 <sup>th</sup> 6mins				
	TC			
2:00	High Watts Hold/RR (0:30/0:30) complete 2x	130	150	175+
	LMAO			

**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)**

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		