



DATE: 5-2-2023

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	BOSU Lunge Twist	-	-	-
6	8	8	PLYO Sprinters Lunge	-	-	<10
4	4	4	Racked Squat *Heavy	<20	25-40	45+
			<b>2<sup>nd</sup> 6 Mins:</b>			
15	15	15	Single Leg Hip Bridge on BOSU	-	-	-
6	6	7	Offset Goblet Squat on BOSU	<15	20-30	35+
15	15	15	Suitcase Swing	<10	12-20	25+

### HIIT Side

Focus: Total Body & HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	20	Wallballs	<8	12-16	20
8	8	8	Wallball Jump and Rotate (ea)	<8	12-16	20
10	10	10	Single Sided Walking Lunges w/SB	Lt	Lt	hvy
7	7	7	Launchers	-	-	-
5	5	5	Jump Squat/Lunge Combo	-	-	-

### 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: 1 <sup>st</sup> 6mins				
3:00	S Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/ RR 0:30 (complete 3x)			
	TC			
Bike Ride: 2 <sup>nd</sup> 6mins				
	TC			
3:00	OOS Sprint- 0:30 on same gear, increasing RPM's by 10 every 0:10/RR 0:30 (complete 3x)			
Bike Ride: 3 <sup>rd</sup> 6mins				
2:00	Sprints- Split class in half (odds/evens or by rows). Alternate 0:20 1 <sup>st</sup> group High MPH, 2 <sup>nd</sup> group RR.			
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	TC			
2:00	Sprints- Split class in half (same groups as previous). Alternate 0:20 1 <sup>st</sup> group High Watts, 2 <sup>nd</sup> group RR.			

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		