



DATE: 5-23-23

FORMAT: Black Hole

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Commander Push Ups	-	-	-
10	12	15	Pronated Grip Row	<12	15-20	25+
10	12	15	Decline Chest Fly on BOSU	<12	15-20	25+
15	15	15	Straight Arm Pull Through	<10	12-20	20+
6	7	8	ALT Push Ups on BOSU	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	8	6	American KB Swings	<25	30-45	50+
15	15	15	Box Dips	-	-	-
10	8	6	Single Arm KB Row	<25	30-45	50+
30	40	50	BR In and Outs	-	-	-
10	10	10	Jumping Step Ups	-	-	-

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! ***				
	First Bike Ride: 1 Mile DISTANCE, use PIQ			
	All other bike rides: 1 Mile DISTANCE, use bike console			

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		