



DATE: 5-4-2023  
 FORMAT: Blizzard  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Renegade Row/Kickback	<10	12-15	20
3	3	3	5:5 V Ups/Toe Touches	-	-	-
10	10	10	Reverse Curls	<10	12-15	20+
10	10	10	Russian Twist w/ DB	<10	12-15	20+
15	15	15	Triceps DB Press	<15	20-30	35+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	7	Box Jumps	16"	20"	24" + Burpee
8	10	12	Drop Tops	-	-	-
8	10	12	MYO Muscle Ups	-	-	-
8	8	8	SMS	-	-	-
8	10	12	MYO Clutch Curls	-	-	-

**TIC Exercises:** Bicycle Crunches, Mtn Climbers, Flutter Kicks, Spider Climbers, Plank

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:				
	TC			
	PELO: Odds vs Evens, first team to 15 Energy Points			
	TC			
	TEAM: Odds vs Evens, first team to 0.5			
	TC			
1:00	CDC vs 1 member burpees. How far can the class ride for 1:00 while 1 member completes burpees. Repeat, selecting a different member. See if class can ride farther before member exceeds first burpee total.			
	TC			

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		