



DATE: 5-8-23

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins: *Increase weight every round if possible*			
8	8	8	Step Up w DB	<10	12-20	25+
15	15	15	Straight Leg Sit-Up (ft on Box)	-	-	-
8	10	12	Single Leg Stand Up	24"	20"	16"
			2 nd 8 Mins:			
10	10	5ea	Box Jumps	16"	20"	16" (Single Leg)
10	10	10	Goblet Pulse Squat	<20	25-40	45+
8	8	8	DB RDL	<20	25-40	45+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins:			
40	60	80	BR	-	-	-
7	7	7	KB Samson Press	<15	20-30	35+
8	10	12	1:1 SB Clean/Front Squat	Lt	Lt	Hvy
			2 nd 8 Mins:			
8	10	10	ALT KB Russian Swing	<15	20-30	35+
30	60	90	ALT Jump Rope	-	-	-
6	6	7	1:1 Burpee/Back Lunge	-	-	-

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: 1 st 8mins				
	TC			
1:00	Energy Challenge- BENCHMARK, AFAP			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2 nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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		