



DATE: 6-13-23  
 FORMAT: Monsoon  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
10	12	12	Twisted Curl	<10	12-15	20+
12	15	15	Close Grip Press	<15	20-30	35+
6	7	7	Kneeling Shoulder Press	<15	20-30	35+
			<b>2<sup>nd</sup> 6 Mins:</b>			
8	10	12	Diamond Push Up	Knees	Toes	Toes
10	10	10	ALT ISO Curl	<10	12-15	20+
12	15	15	Jack Press	<10	12-15	20+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	50	70	ALT BR	-	On Bosu	On Bosu
10	15	20	MTN Climbers	-	On Bosu	On Bosu
6	7	7	1,2, 3 Lunge	-	-	-
10	12	15	Jumping Step Ups	-	-	-
10	10	12	MYO Roll Outs	-	Knees on bosu	Knees on bosu

**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 <sup>st</sup> 6mins				
AFAP	*** 6 Min Distance Benchmark ***			
Bike Ride: 2 <sup>nd</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 <sup>rd</sup> 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 <sup>th</sup> 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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		