



DATE: 6-15-23

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
1	2	2	10:5 V-Ups/Full Sit Ups	-	-	-
15	25	25	Racked Squats *high reps	<12	15-25	30+
10	12	12	DB RDL	<12	15-25	30+
			<b>2<sup>nd</sup> 8 Mins:</b>			
10	10	10	Side Jack Knives	-	-	-
7	7	7	Racked Squats *heavy	<25	30-45	50+
10	12	12	Static Lunge	<10	12-20	25+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
16	20	24	Weighted Monster Walks w SB (Total Steps)	Lt	Lt	Hvy
6	8	10	PLYO Sprinters Lunge	-	-	-
5	5	5	Kneeling KB Clean 2 Stand	<15	20-25	30+
			<b>2<sup>nd</sup> 8 Mins:</b>			
10	10	10	Hanging Knee Raises	Leg Lifts	-	TTB
30	60	30	Jump Rope	-	-	DBLU
5	5	5	Bottoms Up KB Press	<15	20-25	30+

### 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> 8mins				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 <sup>nd</sup> 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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		