



DATE: 6-16-23  
 FORMAT: Doomsday  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Decline Chest Fly on TC	<12	15-25	30+
15	15	15	DB Chest Scoops	<10	12-15	20+
10	10	10	Elbow to Knee on TC	-	<10	12+
6	6	7	Deadlift *heavy	<20	25-40	45+
15	15	15	ALT Row/Reverse Fly	<10	12-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Single Arm KB Row	<15	20-30	35+
10	20	20	Wallballs	8	12-16	20
10	10	10	Pull Ups	MYO High Row	ASST.	Rig
10	20	20	American KB Swings	<20	25-40	45+
10	15	15	Hand Knee Crossovers	-	-	-

### 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			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 <sup>st</sup> to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 <sup>st</sup> to complete wins.			
	RR			
	TC			
	LMAO			

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	
Hurricane	Wildfire	
Monsoon		