



DATE: 6-28-2023
 FORMAT: Blizzard
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	6	7	ALT Snatch	<15	20-40	45+
10	10	10	OTH Extension	<15	20-40	45+
8	8	8	Sprinters Lunge and Row	<15	20-30	35+
10	10	10	DB Shoulder Press	<15	20-30	35+
10	10	10	Top Half Curls	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	12	12	SB Clean	Lt	Lt	HVY
10	12	12	KB Skull Crusher on Box	<15	20-30	35+
5	5	5	Jacks Squared	-	-	-
2	3	3	5:5 MYO Roll Out/MYO Chest Press	-	-	-
8	10	12	MYO Single Arm Floor Touch	-	-	-

TIC Exercises: Full Sit Ups, Candlesticks, Spiderman/Push-Up, Toe Press Ups, High Plank Toe Touches

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	.5	.6	.8
	RR			
	Slamball Game- 25 slamballs, 2 members vs Bikers .3 distance			
	TC			
	TEAM Odds vs Evens- 15 Energy Points			
	TC			
	0:30 S Energy Points/0:30 OOS Distance, RR, complete 2x			

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		