



DATE: 6-3-23

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
5	6	6	2:2 Lateral Raise/Front Raise	<8	10-15	20
15	15	15	Incline Crush Press on BOSU	<12	15-25	30+
12	12	12	Single Arm Tricep Extension	<8	10-15	20+
			2nd 8 Mins:			
8	8	8	Warrior Press on BOSU	<10	12-25	30+
12	12	12	ALT Cross Body Hammer Curls	<10	12-20	25+
12	12	12	Incline Skull Crusher on BOSU	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
7	7	7	Burpees	-	-	-
7	7	7	SB Squat/High Row	Lt	Hvy	Hvy
15	15	15	MYO Mtn. Climbers	-	-	-
			2nd 8 Mins:			
7	7	7	MYO Muscle Ups	-	-	-
7	7	7	OTH SB Walking Lunge	Lt	Hvy	stone
15	15	15	MYO Hamstring Runners	-	-	-

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				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
AFAP	Distance Challenge (beat previous time)	0.5	0.6	0.8
	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	AMRAP- As Many Rounds As Possible
Hurricane	Wildfire	
Monsoon		