



DATE: 6-6-23

FORMAT: Black Hole

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	Air Squats **AFAP*	-	-	-
10	10	10	Heels Up Goblet Squat	<10	12-25	30+
8	8	8	Bubble Up Knee to Elbow	-	-	-
8	8	8	Russian Twist on TC	-	Weighted	weighted
10	10	10	Weighted Lateral Hops on TC	<8	10-15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	V-Ups	-	-	-
8	10	10	Lateral SB Step Up	Lt	Lt	Hvy
12	15	20	MYO Hip Bridge	-	-	-
6	7	7	1:1 Russian KB Swing/American KB Swing	<20	25-35	40+
12	15	20	MYO Roll Ins	-	-	-

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				
	First Bike Ride: 1 Mile DISTANCE, use PIQ			
	All other bike rides: 1 Mile DISTANCE, use bike console			

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		