



DATE: 6-7-23

FORMAT: Heatwave

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
8	8	8	ISO Shoulder Press	<10	12-20	25+
5	5	5	1.5 Curls	<10	12-20	25+
12	12	12	Kickbacks	<8	10-15	20+
			2nd 6 Mins:			
10	10	10	ALT Bicep Curls	<10	12-20	25+
5	10	15	Pike Push Ups	-	-	
7	7	7	Kneeling Single Arm Upright Row	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	10:2 BR Slams/Burpees	-	-	-
6	7	8	KB Windmill	<15	20-30	35+
5	10	15	Shoulder Taps, ft on Box	-	-	-
5	5	5	KB Double Double	<15	20-30	35+
5	5	5	SB Snatch	Lt	Lt	hvy

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)
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Time	Type	L1	L2	L3
Bike Ride: 1 st 13mins				
	TC			
	CEC-0:40, RR, 0:30, RR, 0:20			
	RR			
	TC			
	CDC-0:40, RR, 0:30, RR, 0:20			
	LMAO			
Bike Ride: 2 nd 13mins				
	TC			
	CDC- 0:40, RR, 0:30, RR, 0:20			
	RR			
	TC			
	CEC- 0:40, RR, 0:30, RR, 0:20			
	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		