



DATE: 7-19-2023

FORMAT: Doomsday **ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	5:5 Goblet Squat/TC Quad Burners	<15	20-30	35+
25	30	35	TC Lateral Taps	-	-	w/weight
20	30	40	Russian Twist on TC	-	-	-
25	30	35	Lateral Leg Lifts	-	-	-
20	30	40	Racked Squat on TC	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
40	50	50	SB Walking Lunges (Total Steps)	Lt	Lt	Hvy
30	40	50	MYO Hamstring Curl	-	-	-
10	12	15	SB Squat Shoulder to Shoulder	Lt	Lt	hvy
100	150	150	Jump Rope	-	-	DBLU
15	20	25	Jumping Lunges	-	-	-

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			
	Slamball Relay- 2 members, 1 st member gets 10 slamballs, 2 nd member then does 10 slamballs. Repeat until both members have gotten 30 each. Bikers are racing to 0.4. (take note of time taken to complete)			
	TC			
1:00	CEC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous total			
	TC			
	Slamball Relay- repeat previous relay, choosing 2 different members for slamballs. Attempt to beat previous time.			
	TC			
1:00	CDC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous distance			
	TC			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Tropical Storm	Revolution- Members Split on the circuits first
Blizzard	Thunderstorm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Typhoon	TIC- Timed Interval Circuit
Doomsday	Vortex	ORA- One Round Assault
Heatwave	Whirlwind	Funnel- Decreasing a Rep each Round
Hurricane	Wildfire	Reverse Funnel- Adding a Rep each Round
Monsoon		AMRAP- As Many Rounds As Possible
Sandstorm		
Tornado		