



DATE: 7-24-23

FORMAT: Monsoon

AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 6 Mins:</b>			
10	10	10	1.5 Goblet Squat	<20	25-40	45+
10	10	10	Crossbody Bicycle/V-Up	-	-	-
15	15	15	DB RDL	<20	25-40	45+
			<b>2<sup>nd</sup> 6 Mins:</b>			
12	12	12	Straight Arm Sit Ups	<8	10-15	20
10	12	15	Crouch Lunge	-	-	-
10	12	15	Flutter Kicks	-	-	-

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	KB Figure 8	<20	25-40	45+
20	30	40	BR w Out to In Hop	-	-	-
8	10	12	SB Back Squat	Lt	Lt	hvy
4	8	10	Broad Jump Burpee	-	-	-

**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
<b>Bike Ride: 1<sup>st</sup> 6mins</b>				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
<b>Bike Ride: 2<sup>nd</sup> 6mins</b>				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
<b>Bike Ride: 3<sup>rd</sup> 6mins</b>				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
<b>Bike Ride: 4<sup>th</sup> 6mins</b>				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	TC			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
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		