



DATE: 7-27-23

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 8 Mins: **High Reps**			
15	15	15	Sumo Squat Pivot Lunge	-	-	Weighted
20	20	20	Rear Delt Raise	<8	10-15	20+
12	12	12	Static Lunge	-	<15	20+
20	20	20	Squat Press	<10	12-15	20+
			2 nd 8 Mins: **Heavy**			
5	5	5	Racked Squat	<20	25-40	45+
5	5	5	Shoulder Press	<15	20-35	40+
8	8	8	Single Leg RDL	<15	20-35	40+
8	8	8	Upright Row	<12	15-25	30+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10:10	12:12	15:15	MYO Hamstring Curl/MYO Hip Bridge	-	-	-
20	30	40	BR Slams	-	-	-
5	8	10	Bottoms Up KB Press	<15	20-30	20-30
1	1	2	10:10 Air Jacks/Little Man in the Woods	-	-	-
12	15	20	MYO Blast Off Squats	-	-	-

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				
	TC			
2:00	Surge- Energy Points (0:15 RR btwn each)	3	4	5
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
	TC			
2:00	Sprints- 0:10 All Out/0:10 RR	RPMs 90+	RPMs 100+	RPMs 110+
	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		