



DATE: 8-12-23
 FORMAT: Crazy 8's
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise: **Second Round of 8 Start at the bottom**	L1	L2	L3
12	12	12	DB RDL	<15	20-40	45+
20	20	20	Sumo Pulse Squats	-	-	-
7	7	7	Lateral Lateral	<8	10-15	20
5	5	5	DB Windmill	<10	12-20	25+
2	3	3	4:4 Up and Overs/Toe Press Ups	-	-	-

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: **Second Round of 8 Start at the bottom**	L1	L2	L3
30	30	50	Jump Rope	-	DBLU	DBLU
15	15	15	American KB Swings	<15	20-35	40+
6	8	8	SB Snatch	Lt	Lt	Hvy
15	15	15	Jack Knives on Box	-	-	-
5	5	5	Broad Jump/High Knees Back	-	-	-

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				
AFAP	Distance Challenge	0.5	0.6	0.8
	TC			
	LMAO			
Bike Ride: 2 nd 8mins				
AFAP	Distance Challenge (beat previous time)	0.5	0.6	0.8
	TC			
	LMAO			

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		