



DATE: 8-3-23  
 FORMAT: Heatwave  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Hammer Curl/Press on BOSU	<12	15-25	30+
8	8	8	Incline Skull Crusher on BOSU	<15	15-25	30+
10	10	10	Top Half Curls	<12	15-20	25+
5	8	8	Sphinx Push Ups	Knees	Toes	Toes on BOSU
2	3	3	5:5 Reverse Curls/Kickbacks	<10	12-15	20

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	10	15	180 Squat Jump	-	-	-
12	12	12	MYO Clutch Curl	-	-	-
3	4	5	10:10 BR In and Out/BR Slams	-	-	-
2	3	4	5:5 Slamballs/Push Ups	15	20	30
5	5	5	SB Burpee Snatch	Lt	Hvy	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)**

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 13mins				
	TC			
	PELO- Odds vs Evens Distance 0.4 (OOS 0.2/S 0.2)			
	TC			
	TEAM Odds vs Evens Energy Points 20 (OOS 10/S 10)			
	TC			
Bike Ride: 2 <sup>nd</sup> 13mins				
	TC			
	Standing Climb 0:20, Seated Sprint 0:20- repeat for full 2 mins			
	TC			
	Seated Climb for 0:20, Standing Sprint 0:20- repeat for full 2 mins			
	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		