



DATE: 8-8-23

FORMAT: Blizzard

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Single Arm Kickbacks on TC	<8	10-15	20
2	2	2	5:5 Zottman Curl/Hammer Curl	<8	10-15	20+
10	15	15	ALT Skull Crushers on TC	<8	10-15	20+
10	15	15	ALT Bicep Curls	<8	10-15	20+
10	10	10	Sit Up w/ Ft on TC	-	Weighted	weighted

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Yo-Yo Lateral Hop	-	-	-
7	7	7	ALT KB Lateral Lunge/Upright Row	<15	20-30	35+
15	20	25	KB Russian Swing	<15	20-30	35+
5	8	10	OTS Stone Toss	Lt	Lt	hvy

**TIC Exercises:** Launchers, Candlesticks, Square Jumps, Hollow Body Hold, Plank

Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>
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Time	Type	L1	L2	L3
Bike Ride:				
	TC			
1:00	CDC vs 1 person Burpees. Distance for one min while 1 person completes burpees. Complete 2x with different person completing burpees, trying to beat previous burpee count and total distance.			
	TC			
1:00	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:45	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:30	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
	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		