



DATE: 8-22-23

FORMAT: Heatwave **TIC 0:45/0:15**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body (Animal Themed)

L1	L2	L3	Exercise:	L1	L2	L3
			Crab Toe Touches	-	-	-
			Inchworm	-	Weighted	Weighted
			Spider Climbers	-	-	-
			Cobra Push Up	-	-	-
			Butterfly Sit Ups	-	Amped	Amped
			Dragon Flies	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			DAB Bear Crawls	-	-	-
			Seal Jacks	-	-	-
			Atomic Frogs	-	-	-
			Twisted Duck	-	-	-
			SB Bear Hug Squat	Lt	Lt	hvy
			ALT KB Gorilla Row	<15	20-30	35+

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 13mins				
	TC			
	Slamball Game- Odds vs Evens, 1 person from each team completes 25 slamballs while bikers ride to 0.3 distance			
	TC			
1:30	CDC- 0:30 OOS, 0:30 S, 0:30 OOS			
Bike Ride: 2 nd 13mins				
	TC			
1:30	PELO Odds vs Evens Distance- 0:30 OOS, 0:30 S, 0:30 OOS			
	TC			
1:30	TEAM Odds vs Evens Energy Points- 0:30 OOS, 0:30 S, 0:30 OOS			
	TC			
1:00	Energy Points, switch OOS/S every 0:10			

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		