



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

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Offset Goblet Squat on BOSU	<10	12-25	30+
8	8	8	Jack Knives/Full Sit Ups	-	-	-
12	15	15	Single Leg Hip Bridge on BOSU (ea)	-	Weight on hips	Weight on hips
10:5	15:8	15:10	Flutter Kicks/Crunches	-	-	-
5	8	10	Static Half Lunge on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	American KB Swings	<15	20-40	45+
10	10	10	Kneeling Wallballs	8	12-16	12-16 + top target
40	60	80	ALT BR	-	-	-
8	8	10	Skaters	-	Pwr	pwr
15	25	30	B2B Squats (high reps/speed)	-	-	-

TIC Exercises: Mtn Climbers, ALT Crouch Lunges, Push Ups, Bicycle Crunches, High Knees

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:				
	TC			
	PELO: Odds vs Evens, first team to 15 Energy Points			
	TC			
	TEAM: Odds vs Evens, first team to 0.5			
	TC			
AFAP	Distance Challenge, rotate OOS/S every 0:20	0.3	0.5	0.7
1:00	CDC vs 1 member burpees. How far can the class ride for 1:00 while 1 member completes burpees. Repeat, selecting a different member. See if class can ride farther before member exceeds first burpee total.			
	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		