



DATE: 8-25-23
 FORMAT: Crazy 8's
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins:			
12	12	12	Single Arm Chest Press	<10	12-25	30+
12	12	12	ALT Chest Fly	<10	12-20	25+
-	-	-	Push Ups *to failure*	-	+5 on Knees	+10 on Knees
			2nd 8 Mins:			
15	15	15	Rear Delt Raise	<8	10-15	20
2	2	2	DB Rover	<10	12-20	25+
10	10	10	Sumo Deadlifts	<20	25-40	45+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
25	40	55	BR In & Outs	-	-	-
6	7	8	Yo Yo Lateral Hop	-	-	-
5	5	5	KB Double Double	<15	20-30	35+
5	5	5	ALT KB Lateral Lunge/Upright Row	<15	20-30	35+
8	10	12	MYO Pistol Squats	-	-	-

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				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	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		