



DATE: 8-30-23

FORMAT: Monsoon ****Distance Challenge Benchmark****

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
10	10	10	Goblet Pulse Squats	<15	20-30	35+
7	7	7	Weighted Sprinters Lunge	<10	12-20	25+
15	15	15	Suitcase Swings	<15	20-30	35+
			2nd 6 Mins:			
10	15	15	Heels Up Squat on TC	-	-	weighted
12	15	15	Hip Thrust on TC	-	Weight on hips	Weight on hips
10	10	10	Racked Squat	<8	10-20 On tc	25+ On tc

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
16	20	24	KB Walking Hooper (total steps)	<15	20-30	35+
8:8	8:8	8:8	V-Ups w Wallball/Russian Twists	8	12	16
10	20	20	Box Jumps	16"	20"	(higher than L2 or + 5 reps)
6	8	8	1:1 SB Cleans/ALT SB Front Lunge	Lt	Lt	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 st 6mins				
2:00	Distance Challenge Benchmark- Standing (OOS)			
	TC			
Bike Ride: 2 nd 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Power/Energy			
	TC			
Bike Ride: 3 rd 6mins				
AFAP	Distance Challenge	0.6	0.7	0.8
	TC			
Bike Ride: 4 th 6mins				
	Sprints (0:10 OOS/0:10 S, 0:20 RR) Complete 3x, keep screen on Speed/Distance			
	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		