



DATE: 9-12-23

FORMAT: Doomsday

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
5	6	7	ALT L Raise	<8	10-15	20
10	10	10	Wallball Holders	8	12-16	20
-	-	-	21's	<10	12-20	25+
10	10	10	Wallball Rollouts	-	-	-
10	10	10	Katana Extension	<8	10-15	20

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
3	3	3	10:10 BR/ALT BR	-	-	-
5	5	5	2:2 MYO High Row/MYO Y Raise	-	-	-
3	3	3	10:10 Hammer BR/BR Jacks	-	-	-
10	10	10	KB Seated Front Raise	<15	20-30	35+
10	12	15	Box Dips	-	-	-

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			
0:30	CCC, RR			
1:00	CCC (double first), RR			
1:00	CCC, try to beat previous			
	TC			
0:20	High MPH hold, complete 3x w RR btwn each			
	TC			
0:30	CDC, RR			
1:00	CDC (double first), RR			
1:00	CDC, try to beat previous			
	TC			
0:20	High Watts Hold, complete 3x w RR btwn each			
	TC			
0:30	CEC, RR			
1:00	CEC (double first), RR			
1:00	CEC, try to beat previous			
	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		