



DATE: 9-13-23

FORMAT: Black Hole

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
10	10	5	TC SuSu	-	+ Jump	Single Leg
10	10	10	TC Heel Squat	<10	12-20	25+
10	15	15	TC Quad Burners	-	Holding weight	Holding weight
8	8	8	Back Lunge Step-Up on TC	-	<15	20+
8	8	8	B-Stance RDL	<10	12-25	30+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	V-Ups w/ Wallball	8-12	8-12	16+
10	15	15	Box Jumps	16"	20"	24" or + 5 reps
10	15	15	Wallballs	8-16	8-16	20
10	12	15	MYO Muscle Ups	-	-	-
7	12	12	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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				
	First Bike Ride: 1 Mile DISTANCE, use PIQ			
	All other bike rides: 1 Mile DISTANCE, use bike console			

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		