



DATE: 9-15-23

FORMAT: Monsoon

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
3	4	5	Launchers	-	-	-
10	15	20	Full Sit Ups	-	-	-
10	12	15	Crouch Lunge	-	-	-
			2nd 6 Mins:			
10	10	10	Wipers	<15	20-35	40+
5	5	5	Weighted Sprinter's Lunge **Heavy	<15	20-35	40+
10	12	15	Reverse Crunch	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	MYO Supine Grip Row	-	-	Chip Ups
10	15	15	American KB Swing	<20	25-40	45+
10	15	15	MYO Roll Outs	-	-	-
5	5	5	OTH KB Step Ups	<15	20	25
10	12	15	KB SLDL	<20	25-40	45+

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)
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Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
	CDC- 0:20 OOS/0:20 S/0:20 RR			
	CDC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 2 nd 6mins				
	CEC- 0:20 OOS/0:20 S/0:20 RR			
	CEC- 0:20 OOS/0:20 S/0:20 OOS/0:20 S (double previous)			
	TC			
Bike Ride: 3 rd 6mins				
	CDC- 0:20 S/0:20 OOS/0:20 RR			
	CDC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double previous)			
	TC			
Bike Ride: 4 th 6mins				
	CEC- 0:20 S/0:20 OOS/0:20 RR			
	CEC- 0:20 S/0:20 OOS/0:20 S/0:20 OOS (double 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		