



DATE: 9-16-23

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:			
8	8	8	Single Arm Chest Press on TC	<15	20-30	35+
8	8	8	DB Row on TC	<10	12-20	25+
8	8	8	Single Arm Chest Scoops	<10	12-20	25+
			2nd 8 Mins:			
8	8	8	TC SUSU DB Press	<10	12-20	25+
15	15	15	Back Ext on TC	-	-	-
8	8	8	Incline Chest Fly on TC	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	12	12	Pull Ups	Asst.	Asst.	Rig
50	100	10	Jump Rope	-	-	5:5 Single Leg
10	12	12	KB Statue of Liberty	<15	20-30	35+
10	10	10	Kneeling Slam Balls	15	15	20
			** 2nd 8 Mins, Start from the Bottom**			

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			
1:00	CEC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CEC- repeat above, attempt to beat previous			
	TC			
Bike Ride: 2 nd 8mins				
	TC			
1:00	CDC- :20 OOS/:20 S/:20 OOS then RR			
1:00	CDC- repeat above, attempt 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		