



DATE: 9-18-2023

FORMAT: Level Up Workout

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus:

L1	L2	Exercise:	L1	L2
		ALT Back Lunge		
		Hand Release Push Ups		
		Butterfly Sit Ups		
		ALT Snatch		
		Slam Balls		

### HIIT Side

Focus:

L1	L2	Exercise:	L1	L2
		Wall Balls		
		Pull Ups		
		MYO Knee Tucks		
		Jump Rope		
		B2B Squats		

### 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:				
	Energy Points!			
	*Three 5 Min Bike Rides*			

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		