



DATE: 9-27-2023
 FORMAT: Blizzard
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Skull Crushers	<10	12-20	25+
10	10	10	Cobra Push Up	Knees	-	-
10	10	10	1.5/45 Degree Curl	<10	12-20	25+
10	10	10	ALT Bicep Curl	<10	12-20	25+
8	12	15	Energy on Bike	-	-	-

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Chin Ups	ASST	ASST	Rig
10	10	10	Wallball Sit Up and Toss	8-12	16	20
12	12	12	SB Front Loaded Squat (B2B)	Lt	Lt	hvy
14	14	14	KB Russian Swings	<20	25-40	45+
16	16	16	Slam Balls	15	15	20

TIC Exercises: Bicycle Crunches, Mtn. Climbers, Flutter Kicks, Spider Climbers, Plank

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			
AFAP	Distance Challenge	.5	.6	.8
	RR			
	Slamball Game- 25 slamballs, 2 members vs Bikers .3 distance			
	TC			
	TEAM Odds vs Evens- 15 Energy Points			
	TC			
	0:30 S Energy Points/0:30 OOS Distance, RR, complete 2x			

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		