



DATE: 9-5-23

FORMAT: Blizzard

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
3	3	3	5:1 Push Ups/Superman	-	-	-
8	8	8	DB Row on TC	<10	12-20	25+
10	10	15	Decline Push Ups on TC	Knees	Toes	Toes
12	12	12	Kneeling Deadlift	<10	12-30	35+
7	7	7	Chest Press on TC *Heavy	<15	20-40	45+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Pike Shoulder Tap	-	(ft. on Box)	(ft. on Box)
12	12	12	American KB Swings	<20	25-40	45+
8	10	10	Pull Ups	Asst.	Asst.	Rig
15	15	15	High Knees	-	-	-
10	10	10	KB Upright Row	<20	25-40	45+

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

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			
	PELO (Odds vs Evens): First team to 15 Energy Points			
	TC			
	TEAM (Odds vs Evens): First team to .5			
	TC			
AFAP	Distance Challenge (switch OOS/S every 0:20)	.3	.5	.7
	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		