



DATE: 9-6-23

FORMAT: Crazy 8's

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 8 Mins: Goal 3-5 rounds			
8	8	8	Goblet Squat on BOSU	<25	<25 + Flat	30+ Flat
8	8	8	Single Leg RDL	<10	12-20	25+
8	8	8	Weighted Sit Ups on BOSU	<10	12-15	20
			2nd 8 Mins:			
8	8	8	Weighted Hip Bridge on BOSU *Heavy	<20	25-45	50+
8	8	8	Sumo Deadlift *Heavy	<20	25-45	50+
8	8	8	Low Plank Knee 2 Elbow on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	10	ALT Jumping Step Ups	-	Sb on Back	Sb on Back
8	10	12	ALT BR Jump Lunges	-	-	-
4	4	4	DAB OTH Stone Carry w 1 B.E. Press	Lt	Lt + 3 Presses	Hvy + 3 presses
10	12	15	MYO Roll In	-	-	-
2	2	2	10:5 Fast Jacks/Squat Jumps	-	-	-

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			
0:30	CEC, complete 2x try to beat 1st			
	TEAM Odds vs Evens: 20 Energy Points (OOS first 10/S last 10)			
	LMAO			
Bike Ride: 2 nd 8mins				
	PELO Odds vs Evens: 0.6 Distance (OOS first 0.3/S last 0.3)			
	TC			
AFAP	Distance Challenge	.4	.5	.6

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		