



DATE: 9-7-23

FORMAT: Supernova

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Exercise: ** final round ½ reps add 10lbs			
10	10	10	Single Arm Push Press	<15	20-30	35+
10	10	10	DB Pullover on BOSU	<15	20-30	35+
10	10	10	DB Clean/Racked Squat	<15	20-30	35+
10	10	10	Crush Press	<15	20-30	35+
10	10	10	Pronated Grip Row	<15	20-30	35+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Jacks Squared	-	-	-
8	12	14	ALT KB Gorilla Row	<15	20-30	35+
12	14	16	DAB SB Drag (total pulls)	Lt	Lt	hvy
8	8	8	Wallballs	8	12-16	20

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- 4mins				
2:00	CDC- switch OOS/S every 0:30			
	TC			
Bike Ride- 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride- 6mins				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	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		