



DATE: 10-19-23

FORMAT: Black Hole

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Push/Pull

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Push Ups	Knees	Toes	Toes On BOSU
10	12	15	Reverse Fly	<10	12-20	25+
10	12	15	Decline Chest Fly on BOSU	<12	15-25	30+
8	8	8	Warrior Press on BOSU	<12	15-25	30+
15	15	15	Straight Arm Pull Through	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	KB Goblet Squat	<15	20-40	45+
10	10	10	Pull Up	ASST	ASST	Rig
2	2	2	5:5 Side Plank Hip Dips/Lateral Leg Lifts	-	-	-
7	7	7	KB Step Up	<15	20-35	40+
8	8	8	Single Arm KB Press	<15	20-35	40+

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				
	First Bike Ride: 1 Mile DISTANCE, use PIQ			
	All other bike rides: 1 Mile DISTANCE, use bike console			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Heatwave	Typhoon	Funnel- Decreasing a Rep each Round
Hurricane	Vortex	Reverse Funnel- Adding a Rep each Round
Monsoon	Whirlwind	AMRAP- As Many Rounds As Possible
Riptide	Wildfire	
Sandstorm		