



DATE: 10-28-23  
 FORMAT: Crazy 8's  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 8 Mins:</b>			
15	15	15	Hand Release Push Ups	Knees	-	-
8	8	8	Single Arm Rocky Press	<8	10-15	20+
15	15	15	DB Pullover on BOSU	<20	25-35	40+
			<b>2<sup>nd</sup> 8 Mins: *Heavy</b>			
7	7	7	ALT Chest Press on BOSU	<20	25-35	40+
7	7	7	Sumo Deadlift	<20	25-35	40+
7	7	7	DB Back Lunge Haybalers	<10	12-15	20+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	10	10	Chin Ups	ASST	ASST	RIG
10	10	10	High Knee Jacks	-	-	-
10	10	10	SB Cleans	Lt	Lt	hvy
15	15	15	Mtn. Climbers	-	-	-
10	10	10	KB SCP	<15	20-30	35+

**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
<b>Bike Ride: 1<sup>st</sup> 8mins</b>				
	TC			
	CDC- 0:40 OOS, 0:40 S, RR			
	CDC- 0:30 OOS, 0:30 S, RR			
	CDC- 0:20 OOS, 0:20 S			
	TC			
<b>Bike Ride: 2<sup>nd</sup> 8mins</b>				
	TC			
	CEC- 0:40 OOS, 0:40 S			
	CEC- 0:30 OOS, 0:30 S			
	CEC- 0:20 OOS, 0:20 S			
	TC			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
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		