Twisted Cycle

DATE: 10-30-2023
FORMAT: Wildfire

STRENGTH Side
Focus: Chest/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
20	20	20	Incline Chest Press on TC	<15	20-30	35+
15	15	15	Kickbacks on TC	<8	10-15	20+
15	15	15	Chest Fly on TC	<10	12-25+	25+ ISO
			2nd 7 Mins:			
7	7	7	Incline Chest Press on TC	<20	25-40	45+
10	10	12	Decline Push Ups on TC	Knees	Toes	Toes
10	10	10	Reverse Skull Crushers on TC	<8	10-15	20+
			FINISHER: Chest Press on TC to failure	<20	25-35	40+

HIIT Side
Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	15	High Knees Holding Slam Ball	15	20	20
12	12	15	Kneeling Slam Balls	15	20	20
4	5	6	ALT Wallball Push Ups	-	-	-
8	8	8	Step Up Holding Slam Ball	15	20-40	stone
8	8	10	FINISHER: Lateral Shuffle Tap Holding Slamball	15	20	20

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

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1st 7 Mins				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2nd 7 Mins				
	TC			
0:30	High Watts Hold, RR, complete 3x			
	TC			
	Bike Ride: Finisher			
	Distance 0.3 on bike console			

Format & Rotation Options
Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

Recovery Protocol:
Lying Arm Reach (L & R)
Standing Triceps Extend and Reach (L & R)
Arm Across Stretch (L & R)
Lying Spinal Twist (L & R)
Standing Hamstring w Toes Up (L & R)